WOMAN'S WEEKLY CLASSICS SERIES

Celebrating 20th century women

THE WOMAN'S WEEKLY KEEPSAKE BOOK OF VINTAGE

NEW OUT!

Favourite dishes of the past

Woman's Weekly CLASSICS SERIES

ISSUE 5
2015

Cooking

A feast of recipes

Vintage dishes from our cookery pages

Teatime treats, hearty dinners and more...

Tips to keep the kitchen spick and span

Impressive party spreads and hostess secrets

WOMAN'S WEEKLY CLASSICS SERIES THE KEEPSAKE BOOK OF VINTAGE COOKING ISSUE 5 2015

1931

Ready? Pour Milk! Crackle!

These toasty rice bubbles are so crisp you can hear them crackle in cold milk or cream.

How children love this delicious and different cereal with all the flavour of the choicest rice. How grown-ups enjoy it!

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Have Rice Krispies for breakfast, luncheon. Add fruits or honey for variety. Use to make delicious cakes, candies, desserts.

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Never met a man who didn't have strong views about food, bless them...

1916

"WHAT I HAVE I'LL HOLD"

WOMAN'S WEEKLY CLASSICS SERIES

Our monthly series of magazines brings you the best of our vintage past, with each issue covering a different theme. Make sure you don't miss out!

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Welcome

Family has always been at the heart of the *Woman's Weekly* reader's world. And mealtimes, which bring kith and kin together to share troubles and laughter, are the daily reminders of what really matters. Thank heavens that week in, week out, the recipes featured were so economical and reliable. That's no mean feat when a week's worth of meals for a family of four adds up to 84 plates of food that have to pass muster – even more when you add in teatime and desserts. The labour-intensity and muscle power all this dedication required was astonishing – mincing, boiling, straining for hours... and then there was the washing up, by hand. Some dishes from the past however, are simplicity itself – a can of sardines, a slice of toast, a squeeze of lemon juice.

We devote most pages in this issue to the bedrocks of dependable suppers and soothing baking. But Cecile, our long-serving (and possibly fictional) cookery expert, offered culinary adventures, too, with fancy appetizers, dainty desserts, picnic eats and party centrepieces. As every cook knows, one's oven, measuring spoons and ingredients always affect the final outcome. Perhaps our margin notes will echo your own scribbles – a reminder of how a cookbook is a history of home life.

Your Editress

PS Get ready to say 'aaaaaah': The Keepsake Book of Vintage Childhood, is out 25 June, £4.95

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From sipping soup to passing wine, we advised *Woman's Weekly* readers on how to perfect their table manners

WHAT'S COOKING

Our loyal readers have always put good food on the table thanks to our expert recipes. The first 60 years of the 20th century saw big changes in the style, affordability and presentation of food

1910s

Relative to income, food was very expensive in the early years of the 20th century, accounting for up to 75% of the weekly wage. We made it our business to offer frugal, tasty ideas. A successful 1914 recipe was a soup made from potato, onion, milk and seasoning. Many others focused on using up the leftovers, such as Timbale of Cold Meat and Fish Rissoles, both from 1911. You might have trouble finding takers for Tripe in Batter today, but who could refuse a plate of Curried Chestnuts?

1920s

Time for comfort and convenience. First World War rationing had ended and our recipes were all about contentment: Orange Layer Cake, Chocolate Roll, Creamy Toffee Cake. Homely, savoury dishes included Steak and Kidney Pie, Bacon and Beef Roll and Rabbit and Onions. The popularity of growing your own was reflected in numerous pickle, jam and bottled fruit recipes, while commercial refrigerators made meat and fish cheaper. Housewives also began to use more tinned goods.

1930s

The relationship between poverty and health was identified, and with significant developments in the quality of food, the health of the nation improved. Food also became more fun. Novelty cakes appeared in our pages; restaurant culture began to influence our recipes with foreign flavours and new, ready-prepared foods allowed women who went out to work, to cook quick and easy suppers. Cecile had great ideas for what to do with the sliced loaf when it debuted in 1930!

in the kitchen?

1950s

Now the country was ready for change and on the food front it didn't disappoint. Just like the glamorous fashions of the era, there was a celebration of possibilities. The first American restaurants opened, selling milkshakes and burgers to new teenage consumers. Cecile's recipes became more adventurous: a humble cauliflower got special treatment with peas, breadcrumbs and cheese. An onion and noodle flan had several mini-flans on top – just for show. There were aerial shots of lavish tables laid out for a buffet and we offered smart design ideas for the contemporary kitchen. The *Woman's Weekly* reputation for novelty cakes got back on track, with cactus cakes and banana boats, among many.

1940s

Ingenuity was a given in the war years and Cecile was in the thick of it, never deviating from the ration book allocation. Credit must go to our photographer as well as Cecile's creativity as she managed to deliver a very enticing-looking array of dishes. With meat scarce, the Dig for Victory campaign got people eating more vegetables than ever before. Our 'hot meatless dish', made use of haricot beans, while the 'ever popular pie' featured potato, spring onions and other diced cooked vegetables.

Ingenuity was a given in the war years. Cecile never deviated from the ration book

Colette and Cecile — who were they?

At the time *Woman's Weekly* launched in 1911, the world of top-end cuisine was dominated by the French and George Auguste Escoffier in particular, who would eventually take over at London's Savoy Hotel kitchen. Perhaps for this reason, our cookery editor also appeared to be French. In the early years, her name was Colette, then she became Cecile. With a remarkable grasp of sturdy British cuisine, her tenure on the magazine was long-lived, suggesting that (like Mary Marryat, our agony aunt), the name belonged to the role rather than the person.

1912

Well-Tested Recipes From Our Readers.

Our new prize awarded to the sender of each recipe and hint printed in WOMAN'S WEEKLY.

Savoury Fish.

Required: Any kind of filleted fish, an onion, breadcrumbs, and thyme, pepper and salt, and some good dripping. Chop the onion very fine, mix it with the breadcrumbs, thyme, pepper and salt. Well grease a piedish, put in a layer of fish, then a layer of breadcrumbs, and continue these layers alternately, reserving sufficient breadcrumbs for the top, upon which put plenty of dripping. Bake it for one hour in a moderately hot oven.—Mrs. J. Bastow, Leeds.

Ham and Tomato Cutlets.

Put two tablespoonfuls of chopped ham in a pan with a small piece of butter; add one and a half tablespoonfuls of breadcrumbs and the same quantity of milk. Let them get hot, and season them with mustard and salt. Drop in the yolk of an egg, and stir the mixture over the fire until it thickens. Cut four pieces of toast in cutlet shape, spread some of the mixture on each; then over it put slices of tomatoes, seasoned with pepper, salt, a "squeeze" of lemon, and a little sugar. Spread the remainder of the mixture over the tomatoes. Whip white of egg to a stiff froth, and put it on top of the cutlets. Brown them in a moderate oven.—Mrs. I. N. Mason, Northallerton, Yorks.

Turkish Stew.

Ingredients: One pound of cold roast beef or any cold meat, two ounces of butter or dripping, three tablespoonfuls of tomato sauce, three tomatoes, one onion, and pepper and salt to suit taste. Cut the meat into thin slices; put the butter into a saucepan, and fry the meat in it until nearly browned. Then remove it from the fire, and add the sauce, onions, and tomatoes (sliced). Now add a little stock or water, slightly thickened, and put all the ingredients to simmer together for about an hour. Serve it with a border of boiled rice or mashed potatoes.—Mrs. Bateman. Weston-super-Mare.

Devonshire Pikelets.

Take half a pound of flour, one dessertspoonful of castor sugar, a quarter of a pound of butter, one egg, and a pinch of baking-powder. Rub the butter into the flour, add the other dry ingredients, and mix all to a paste with whisked egg. Roll the paste out thin, and cut it into round cakes. Bake them in a moderate oven, and arrange them in twos with jam between.—Mrs. F. A. Peck, Stafford.

Vegetable Goose.

The following is a most tasty dish. Take a large vegetable marrow and boil it till tender. Plunge it in cold water, peel it and take out the seeds. Then shape the end like a stopper. Make a stuffing of sage, onion, breadcrumbs, and a little seasoning with one egg. Put the mixture inside the marrow and replace the "stopper." Dredge the marrow with flour; place it on a greased baking tin and bake it, basting it well till nicely browned. Serve it with brown gravy and apple sauce.—Mrs. Garwood, Aldershot.

Delicious Cold Cutlets.

Get a pound of neck chops, cut very thin. Trim them carefully, and put the trimmings with the chopped off pieces of bone to simmer for stock. When it is ready, take a cupful of stock. Put the chops in a pie-dish, and cover them with the stock. Tie buttered paper over the dish, and cook it gently in the oven for an hour. Take the cutlets up, drain them from gravy, lay them on a flat dish, put another dish over them, and on top of that put heavy weights, and leave it till they are cold. Make a nice white sauce, delicately flavoured with lemon. Coat each cutlet separately with sauce, and serve them with a fresh salad. They are delicious.—Helen Ambler, Ripon.

Baked Kidneys.

Take two or three sheep's kidneys, split them open, wash them and skin them carefully. Lay them in a greased tin, and put a lump of butter on each kidney. Then sprinkle them with pepper and salt and bake them in a quick oven for about ten minutes.—Miss S. Hardman, Stoneclough.

Sugar Pastry.

Rub two ounces of butter or margarine into four ounces of flour. Add one ounce of sugar, and one teaspoonful of baking-powder. Mix the ingredients lightly into a paste with one egg, well beaten. This is delicious for any kind of fruit pies.—Miss E. Marsden, Durkar.

A Tasty Dish.

Required: One pound of onions, one pound of fresh liver, three or four rashers of fat bacon, as many potatoes as required, and pepper and salt to suit taste. Slice all the ingredients, well grease a pie-dish, and lay alternate rows of each, having the last row of potatoes. Cover the dish with a well greased paper and bake it for two hours. Half an hour before serving, remove the paper, add a little boiling water for gravy, and allow the potatoes to brown.—Mrs. James, Brentwood, Essex.

Jamaica Banana Toast.

Cut some slices of bread into squares, dip them into a little milk, then into the yolk of an egg, well beaten, and then fry them in boiling fat till they are a nice brown. Have ready some ripe bananas, mashed up with a fork. Pile this on the toast, then pour a little whipped cream over it. Afterwards put some rings of banana on the cream. This is a very pretty dish and very much liked.—Mrs. J. H. Mackail, Singapore.

Stewed Carrots.

Prepare young and tender carrots, drop them into boiling water, and cook them from fifteen to twenty minutes. Drain and slice them, and put them into a stewpan with sufficient milk to nearly cover them. Simmer them gently. Season the dish with salt and a little chopped parsley.—Mrs. Stockwell, Levenshulme.

Ginger Omelet.

Beat four eggs, add half an ounce of powdered sugar, the fourth of a grated lemon, and a grating of nutmeg. Turn the mixture into an omelet pan, shake it until it is thick, then let it set. Have ready a tablespoonful of chopped preserved ginger mixed with two tablespoonfuls of syrup and a tablespoonful of thick cream; put this in the centre of the omelet. Roll it up and turn it out on a hot dish, and pour some of the ginger syrup round it. Pineapple or orange preserves may be used instead of the ginger. Fruit jam is also delicious with sweet omelets.—Miss R. McIlroy, Ballymena, Co. Antrim.

Recipes to send in:
Oatmeal biscuits
Rabbit stewed in milk
Cheese pudding

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1916

Happy faces at the dining table make all the effort in the kitchen worthwhile. Remember this!

FAMILY DISHES I can always rely on

Dependable and delicious recipes will keep my husband and children content at supper time. Woman's Weekly cookery pages provide an endless supply of favourites and new ideas

IN THE KNOW

Pot-luck Or The British Home Cookery Book by May Byron was published in 1914 and included, among its 1000+ recipes, Lamb's Tail Pie, Water Fritters and Cowslip Wine.

A+ recipe!

1915

HOT SOUPS YOU WILL LIKE.

NOTHING is more comforting and nourishing on a winter's day than a steaming plate of soup. Read below and learn how to make it.

WE must not plunge into recipes for soup-making without first learning the meaning of "stock." It is stock which forms the foundation of every good soup. Some of you will ask: What, then, is stock?

Stock is the liquid in which meat, bones, and vegetables have been stewed.

These form three different kinds of stock, but for a good household variety trimmings of meat, bones are boiled together until all the goodness is extracted.

STOCK-MAKING RULES.

1. Use cold water to extract all goodness from bones, etc., and bring *slowly* to boiling-point.
2. Use a pan with a very tight-fitting lid to keep the steam in.
3. Boil for five or six hours, skimming often.
4. *Don't* throw away the bones, they will do for making more stock. The vegetables must be thrown away.
5. If you add turnips to the stock, remember that a little is sufficient to give a strong flavour.
6. Strain the stock as soon as it is cooked, remove the fat from the surface, and put it in a cool place until it is required for use.

*To get a darker chicken stock: leave the skin on the onion and add a glass of red wine or Cognac

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1915

CHEESE DISHES FOR THE MENFOLK

It is so nice to know of a few dainty little dishes that are inexpensive, and which provide a change from the usual fare; and cheese is not an expensive item.

It is so simple to lift the cauliflower from the pan when it is cooked, if you have two skewers stuck well into the stalk beforehand. The skewers will not be in the way at all, for this vegetable should be cooked in boiling water with the lid of the pan OFF.

To see if a cauliflower is done, test the stalk. When that is tender the whole will be done.

I AM always so glad to hear of new savoury dishes of any kind myself, that I thought my readers would like these that are made from cheese. I have found them delightful, and so simple to prepare, too.

CAULIFLOWER SAVOURY.

COOK a cauliflower in the usual way. Remember to put the head *downwards*, and two skewers into the stalk so that it can be easily lifted out without any fear of breaking the flower. Drain it thoroughly, and coat with this sauce:

One ounce of flour, one ounce of butter, and half a pint of milk and water mixed.

Melt the butter, take the pan from the fire, and add the flour gradually, stirring all the while.

Return the pan to the heat, and add the liquid, stirring until the flour thickens and the sauce is sufficiently well cooked to coat the back of a spoon. Season it with salt and pepper, and entirely coat the cauliflower with it. Sprinkle grated cheese thickly over the top, and put the dish into a rather hot oven until the coating is tinged with a golden brown.

Serve it at once. It is one of the nicest dressed vegetable dishes imaginable.

The smaller the rings are, the daintier they will look, although of course each one must hold not less than six cheese straws.

The straws will stand quite well and firmly in the ring if you cross them, and tilt the ring of pastry a little so that it gives a certain amount of support.

DAINTY CHEESE STRAWS.

RUB one ounce of butter into two ounces of flour with the finger-tips; then add one ounce of finely grated cheese, half a teaspoonful of dry mustard, and a little pepper and salt. Mix these well together, and bind them with the yolk of one egg to a stiff paste.

Flour the pastry board slightly, and roll the paste out thinly. Cut it into strips about two inches wide, and then form them into straws.

Rings can be cut by using two round cutters.

Bake them until they are straw-coloured in a moderate oven. Cool them on a pastry tray, and then put about eight little straws through each ring, and stand them upright in a dainty dish with a lace paper d'oyley.

SEMOLINA SLABS.

HAVE you ever tried these? They are a huge success, and very novel.

Boil a pint of milk, and sift into it three ounces of semolina. Cook until the latter is quite transparent and thick, stirring constantly to prevent sticking. Then add three ounces of grated cheese, and pepper and salt to taste. Spread the mixture on a wet plate, and divide it into equal portions.

When it is quite cool it will be firm enough to form into neat square blocks. Coat these with beaten egg and breadcrumbs, and fry them a golden brown in deep fat. Drain them thoroughly on crushed paper, and serve them piled upon each other on a lace paper d'oyley. Sprinkle a little grated cheese over the finished dish.

Cheese pudding is a very appetising dish, especially if the top is prettily marked before it goes into the oven.

The back of a knife can be used as shown above, or the back of a fork, the latter is more fanciful and especially suitable for a potato crust. The edges, too, should be flaked up evenly with the blunt edge of a knife.

A SPECIAL MACARONI CHEESE.

FOR this tasty and substantial pudding you will need two ounces of grated cheese, two ounces of macaroni, a few breadcrumbs, a little salt and pepper, one ounce of butter, one ounce of flour, and half a pint of milk. Put the macaroni into a pan of boiling salted water, and boil it, without the lid, until it is tender. It will take about half an hour. Then drain the macaroni and cut it into lengths of about two inches.

Make a nice white sauce with the butter, flour and milk. Cook it well, season it, and add the macaroni, and nearly all the grated cheese, mixing all well together.

Pour it into a well-greased piedish. Then mix together one dessertspoonful of breadcrumbs and the same amount of grated cheese. Sprinkle this over the top, and put a few small pieces of butter on it.

Brown the whole in a hot oven and serve at once, garnishing tastefully with a little fresh parsley.

Womenfolk, too! Call them cheese 'stacks' — not sure Tom will like the idea of 'dainty' cheese straws!

IN THE KNOW

In 1914 the government introduced fixed maximum prices, for foods such as cheese and bread, to curb war-time panic buying. From 1914 to 1920 food prices rose 136%.

Grow red cabbage this year — low maintenance. Sow seeds indoors a month before the last frost and plant out 12-26" apart

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1916

MARCH 11, 1916 291

WHAT TO DO WITH FOUR HOMELY VEGETABLES.

POTATOES.

SMOTHERED POTATOES.

Potatoes.
One ounce of cheese.
One ounce of butter.
One ounce of flour.
Half a pint of milk and water.
Pinch of salt.
Parsley for garnish.

COOK the potatoes in the usual way by boiling, with a good pinch of salt, until nicely cooked. Then drain them well, and stand on the stove a minute or two to steam and flour nicely.

Meanwhile, prepare a cheese sauce in this way:

Put the cooking butter into a small lined pan, melt it gently on the stove. Bring the pan away from the heat, and stir in the flour evenly. Put back on the stove, and add the milk and water, stirring with a wooden spoon until the mixture boils and thickens well.

Have ready the finely-grated cheese, add it to the sauce, with seasoning of pepper and salt to taste. Stir well, and pour over the hot potatoes.

Garnish prettily with sprigs of fresh parsley, and send to table at once.

* * *

SLICED POTATOES DRESSED WITH ONIONS.

Sliced potato.
Chopped onions.
One teaspoonful of salt, pepper.
One cupful of milk.
Chopped parsley.
Flour to thicken.

PEEL the potatoes thinly, cut them in thickish slices, and boil until just [illegible]. Drain well, and sprinkle with salt and a little pepper.

[illegible] fry carefully.

Turn the onion [illegible] with an iron spoon all the time the frying is going on, to prevent it from browning.

[illegible] white sauce with [illegible] onion. Season with [illegible] and salt, and add a teaspoonful of chopped parsley. Stir well together, and pour right over the potato slices, which should be piled high in piping hot vegetable dish.

To give [illegible] the potatoes can [illegible] that the thicker the potato is cut the longer it will take to cook.

Try sago with steak — or with lamb?

CARROTS.

BAKED HASH.

Carrots and onion.
Diced ham or cold meat.
Salt and pepper.
Parsley (a teaspoonful).

WASH, scrape, and cut into small pieces three or four small carrots. Put them on to cook in boiling water to cover, and boil until quite tender.

Fry the ham or cold meat dice until nicely browned, take from the pan, and add one large onion cut up small. Cook it in the fat until tender, but not brown at all.

Add the carrot (which has been cooked and chopped up finely) to the onion and meat. Mix well together with pepper, salt, and chopped parsley to taste. Have ready a baking dish brushed with hot dripping. Put the mixture into it with a little of the water in which the carrots were boiled, and bake for twenty to twenty-five minutes.

* * *

HOT CARROT FRY.

Two tablespoonfuls of carrot c
One tablespoonful of potato cu
Half a tablespoonful of onion.
A spoonful of bacon cubes
Salt.
Pepper.
Parsley.
Milk and flour.

CUT the carrot and potato dice in boiling water until both tender. Fry the bacon dice an light brown, and add to the coo and potato with about half a pi Mix a tablespoonful of flour to a sn with cold water, a[illegible] adu- ally, and boil for [illegible] es to

ONIONS.

CREAMED ONIONS.

One cupful of chopped onions.
One cupful of milk.
One ounce of cooking butter.
One ounce of flour.
Salt and pepper.
Red pepper for garnish.

BOIL the onion until it is nicely tender in an uncovered pan, then chop it up finely. Melt the butter and stir in the flour slowly, add the milk, and boil up well.

Stir in the onion, and add half a teaspoonful of salt and a little pepper, and boil up again. Have ready some small rounds of bread fried in dripping; pile the mixture high on each.

A little red pepper sprinkled over the top is a charming garnish to these tempting little savouries.

If liked, a little grated cheese meat can be added to the mixtur

* * *

ONIONS FILLED WITH TOM

Three or four large onions.
A little cold meat.
Seasoning, parsley.
Breadcrumbs, stock.
Fried tomatoes.
Grated cheese.

CHOOSE fairly large, even- and boil them until ni Scoop out a spoonful from the cei a small, sharp knife will help he

Meanwhile, chop up the cold and mix it with a few breadcru stock or gravy, salt, pepper, cho

If there is any left-over potato added also.

CABBAGE.

RED PICKLED CABBAGE.

Cabbage.
Salt.
Vinegar.
An ounce of black pepper.

STRIP the outer leaves from a good, large cabbage, wipe it well, and shred into very thin slices. Sprinkle plenty of salt over the cabbage, and leave for twelve hours at least.

Shake and press out the moisture, and put the salted shreds into clean stone jars.

Cover with cold vinegar in which an ounce of black pepper to the quart has been boiled. If liked, a little mustard-seed, celery-seed, and a tablespoonful of sugar can be added to the vinegar before boiling: but the former recipe makes a delicious, homely, and appetising pickle.

CABBAGE WITH LEMON S

One head of cabbage.
Melted butter sauce.
Lemon juice.
Salt, pepper.
A teaspoonful of chopped par

TRIM the cabbage carefully quarters, and put it to s salted water for half an hour. D cook in boiling water *with the pan.*

Drain thoroughly, and sque much moisture as possible with a presser, a saucer, or the back o spoon.

Make an ordinary melted bu with flour, butter, and milk and

Season it well, and add just en juice to give it a flavour.

1919

Stews from the Casserole.

No food is so tempting as that which comes out of the steaming casserole. Every cook will appreciate the following new recipes.—"CECILE."

LIVER STEWED WITH BACON.

This forms sufficient for four, and is a nice change from the usual frying.

One pound of liver, six ounces of bacon, two onions, three-quarters of an ounce of flour, one teaspoonful of dried sage, one pint of stock or water, pepper and salt.

WASH the liver very thoroughly and dry it in a cloth, then cut it in rather thin, neat strips. Cut and trim the bacon (rather fat and streaky is quite good enough), and fry it in a saucepan. Take it out, and fry the onion in the same fat. This must be cut in thin slices. Take out the onion and mix in the flour. Let it brown a little, stirring with a knife. Add the hot stock or water gradually, stirring all the while to avoid lumps. Turn this into a warm casserole and add the liver, bacon, onion, sage, and seasoning to taste. Bring the whole gently to the boil *in the oven*, then let it simmer for one hour. Serve very hot. *Sliced potato can be added if liked.*

STEAK AS TENDER AS CHICKEN.

Rice can be used instead of sago, or some peeled and chopped potato.

One pound of beef steak, one ounce of dripping, three-quarters of an ounce of flour, three-quarters of a pint of hot water or stock, one tablespoonful of sago, pepper and salt.

BEAT the steak well, then cut it in strips. Dip them in flour to which salt and pepper has been added, and when well coated fry lightly in the fat. Take the meat from the frying-pan, put in the flour, and mix smoothly with the fat. Let it brown, then add the stock and stir a moment or two. Turn this into a deep casserole. Add the meat, sago, pepper and salt. Bring to the boil, skim, and simmer slowly on the side of the stove for two and a half to three hours. Chopped celery can be added if liked, or a few herbs tied in muslin.

DELICIOUS STEW OF VEAL.

Potato, mashed with dripping, pepper, and salt, should be served with this dish.

One pound of veal, four ounces of bacon, one ounce of flour, three-quarters of a pint of hot water or stock, half an onion, one carrot, pepper and salt.

CUT the veal into small pieces, and the bacon also. Fry the latter quickly and then the veal. Add a little more fat to the pan if necessary, and mix in the flour. Let it brown, then slowly add the hot water or stock. Turn this into the casserole with the veal and bacon, and bring to the boil. Skim well. Cut up the carrot in small pieces, add it with the chopped onion, pepper, and salt. Allow all to simmer in the oven for two and a half hours. Serve very hot in the casserole.

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1924

May 17, 1924

SPRING VEGETABLES!

Let Cecile Help You to Cook Them to Perfection

YOUNG CARROTS

Bunch of young carrots
Stock
One ounce of butter or margarine
Chopped parsley
Boiling water
Salt

SCRAPE and wash the carrots.

Put them into a saucepan of boiling water to which a pinch of salt has been added, and boil for about ten minutes.

Strain off the water, put the carrots into cold water, and scrape again.

Put about two teacupfuls of stock (strained) into a saucepan, and season with pepper and salt.

Add the butter, and bring to the boil.

Add the carrots, and boil gently until tender.

Strain off the stock, place the carrots in a hot vegetable dish, and keep warm.

Return the stock to the pan, and boil fast until reduced, then pour over the carrots.

Garnish with chopped parsley and serve.

ASPARAGUS

Bunch of asparagus
Boiling water
Salt
Slice of toast
Butter

SCRAPE the white part of the asparagus stalks, scraping downwards.

Cut a piece off the end of each, then put into cold water, and leave in soak for a short time to clean it.

Tie into small bundles, placing the heads all the same way.

Put into a saucepan of boiling water with a pinch of salt, bring quickly to the boil, remove the lid of the pan, and boil gently for about twenty-five minutes or until tender.

Put a slice of toast in the bottom of the vegetable dish, lift the bundles of asparagus on to it (p… one way), and remov…

Serve separately … melt some butter in … scum, and serve in a …

If preferred, wh… served instead of the …

SPRING CABBAGE

Spring cabbag…
Boiling water
Salt
Soda

REMOVE the s… leaves, divide … quarters, and … Wash well in plenty … leave in soak for a tim…

Lift into a colander …

Put into a large s… of boiling water, and … one tablespoonful o… quarts of water, an… cover a threepenny …

Bring quickly to … saucepan lid, and … removing the scum …

When cooked, stra… squeeze out the wate…

SEA KALE

Sea kale
Boiling water
Salt
Lemon juice
Slice of toast
Thick white …

IF the sea kale is … into halves or q…

Trim the bottom … and make to a poi…

Wash thoroughl… leave in soak for a …

Tie into bundles … of boiling water, … lemon juice added, … tender. It will t… thirty minutes.

Toast a slice of … bottom of the vege…

Place the sea k… remove the string.

Serve with thick…

BROAD BEANS

IT is essential tha… be young, othe… tough.

To Prepare The…

them.

Put into a sauce… with salt, and boil … depends on their … require from abou… minutes.

When cooked, st… drain well.

Serve in a veg… with parsley sauce.

For the Sauce: M… sauce, and stir in fi… just before serving.

Good dishes for our WI summer lunch buffet

1926

July 24, 1926

Tasty Dishes Made With Summer Vegetables

By CECILE

MINT-SALAD DRESSING

MINT sauce is far better than plain vinegar for salad dressings, and is especially good for green pea, bean, mutton or potato salads. It is useful to make half a pint or more of mint sauce at a time and have a bottle of it always on hand.

One teaspoonful of Worcester sauce
One tablespoonful of mint sauce
Three tablespoonfuls of olive oil

Add the oil gradually to the Worcester sauce, then stir in mint sauce.

FRENCH BEAN SALAD

One lettuce
One large cupful of French beans
Salad dressing made with mint sauce

WASH the lettuce and dab the leaves lightly with a cloth. Shred the leaves and line the salad bowl with them. Mix the salad dressing with the beans and pile in the centre of the bowl.

Some chefs like to keep a little garlic on hand so that they can rub the inside of the bowl with a bruised clove of garlic before making the salad. It is a great improvement.

GREEN PEA AND POTATO SALAD

One cupful of green peas
Half a cupful of cooked new potatoes
Mint salad dressing
One large lettuce
Two or three sprigs of mint

WASH and shred the lettuce and line a bowl with it. Slice the potatoes and mix them in a basin with the peas and salad dressing. Pile in the centre of the bowl and decorate with small sprigs of mint.

POTATO AND BEETROOT SALAD

Three boiled potatoes
Half a beetroot
Half an onion (raw)
One dessertspoonful of chopped parsley
French salad dressing
Salt and pepper

PEEL and slice the potatoes and beetroot and mince the onion. Arrange them in alternate slices in a dish; season with salt, pepper and salad dressing, and sprinkle with onion.

Leave for at least one hour, and serve decorated with chopped parsley.

Any potatoes will do, but those boiled in their skins are best for salads.

VEGETABLE MARROW CURRY

Remains of cold marrow, broad beans, or any cold vegetables
One onion (raw)
Half an apple (chopped)
One tablespoonful of curry powder
Half a tablespoonful of flour
One tablespoonful of sultanas
Half an ounce of good dripping
Three ounces of boiled rice
Half a lemon
Salt to taste

THE cold vegetables are heated in the curry sauce.

To make the sauce, mince the onion and fry it in the dripping. Add the chopped apple, flour and curry powder, and mix well. Stir in half a pint of stock or water, and boil for three minutes.

Add the sultanas and cold vegetables, and leave the curry to keep hot at the side of the fire for about an hour.

Add the juice of half a lemon and serve in a border of boiled rice.

BROAD BEANS AU GRATIN

One large cupful of cold broad beans
One gill of thick parsley sauce
Half an ounce of pork dripping
One ounce of cheese
Two tablespoonfuls of breadcrumbs
Salt and pepper

MIX the beans with the sauce and half the breadcrumbs and season nicely with salt and pepper. Put them into greased scallop shells or a piedish, and sprinkle with grated cheese and the rest of the crumbs.

Put some small dabs of dripping or margarine on top and bake in a hot oven for twelve minutes.

Menu ideas: poached salmon, hard-boiled eggs, meat loaf and this pea and potato salad

We are sorry that the recipes on these pages are reproduced for interest only and we cannot guarantee the results of using them

1924

Leek Soup

Ten thin leeks
Four ounces of butter
Salt and pepper
Three tablespoonfuls of flour
One egg
One gill of milk or cream

REMOVE the green and roots and cut white parts into pieces half an inch long. Wash well, and boil for half an hour.

Put in a little salt and pepper. Melt the butter in a saucepan. Mix in the flour, stir well, pour in the cream or milk, and also the leek stock.

Beat the egg in the tureen, and pour in the soup, stirring well.

A VERY easy and tasty soup. Egg enrichment works well. Make prettier with extra spoon of cream and some chopped chives

1926

Eggs for the Salad

Always ready to hand

HARD-BOILED EGGS for salads may be boiled any time during the day and left ready for putting into a salad at the last minute.

Salads should always be mixed just before they are to be served or the lettuce will lose its freshness and become limp, while the eggs will be a bad colour.

To keep the eggs beautifully white, they should be put into a basin of cold water, after shelling, and left until required.

PICKLED HARD-BOILED EGGS

THOSE who are fond of salads will find it a great convenience to have ready a jar of pickled hard-boiled eggs.

The eggs are boiled for 10 minutes and put in cold water for a minute or two to enable the shell to be removed easily. They are then cut in thick slices and put in a jar. Pickling vinegar is poured over them and they are left in it till required. Eggs done in this way will keep as long as other pickles.

1924

ALL KINDS OF WAYS WITH SAUSAGES!

A Sausage is a Homely Thing, but Delicious for all that when Cooked by Cecile's Methods

SAUSAGES IN BATTER

Six ounces of flour
Pinch of salt
One egg
Two and a half gills of milk or milk and water
Half a pound of sausage meat or sausages
Dripping

MIX the flour and salt together.

Break open the egg and pour it into the centre. Mix in a small quantity of the flour, then take one and a half gills of the milk, and stir it in gradually, until all the flour is mixed in. Beat up the batter, then stir in the remainder of the milk, and leave it to stand for about an hour.

Divide the sausage meat into small portions, and make into rolls. Melt a small piece of dripping in a baking tin or piedish, and well grease it.

Put in the sausage meat, pour the batter over, and bake in a moderately hot oven for about three-quarters of an hour.

NOTE.—*If sausages are used, the skins must be removed. Put the sausages into cold water for a few minutes, then split down one side of the skin, and the sausage meat can easily be removed.*

SAUSAGE ROLLS

Flaky pastry
Sausages or sausage meat
Milk to glaze

IF sausages are used, skin them, divide each one into three, and make each piece into a small roll.

Roll out the pastry to rather less than one-eighth of an inch thick, and cut into pieces about four inches square. Turn them over on to the other side, and place a piece of sausage on each. Damp round the pastry edge, fold the pastry over, press the edges together, and trim off any rough pieces. Mark two parallel lines on the top of each with the back of a knife.

Place the rolls on a baking sheet, and bake in a hot oven for half an hour.

NOTE.—*Just before baking, brush over the pastry with milk glaze.*

SAUSAGE PIE

About one pound of flaky pastry
Two pounds of pork sausages or sausage meat
One egg
White stock (about three-quarters to one pint)
Seasoning
Few sheets of leaf gelatine

BOIL the egg for fifteen minutes until hard, remove the shell, cut the egg into slices, and leave until cold.

Skin the sausages, put half into a pie dish, then the slices of egg. Sprinkle the latter with pepper and salt (the sausages are usually sufficiently seasoned).

Add one and a half sheets of gelatine and just a little water or stock (about half to three-quarters of a gill).

Put the remainder of the sausage on the top; the dish should then be full.

Roll out the pastry to about a quarter of an inch thick, and cut out a piece to fit the top of the dish. Roll out the trimmings of pastry thinly, and put a rim of pastry round the edge of the dish.

Damp this and fix the top pastry on to it. Trim and decorate the edge, and make a hole in the centre of the crust—*this is very important*, otherwise the steam cannot escape while the pie is cooking.

Decorate the pie with pastry leaves. Brush the pastry over with milk, put into a hot oven, and bake for about three-quarters of an hour.

When cooked, have ready some good stock, well seasoned, and flavoured with mace. Dissolve two sheets of gelatine in it, then strain and pour in sufficient to fill up the pie.

Leave the hole open so that the steam can still escape.

Serve cold. The stock should form a jelly when cold.

NOTE.—*When the pastry is cooked and brown, the heat should be lessened, and the browning shelf removed.*

Pie instructions a success! Use this method again

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1931

Simple, but looks impressive with a green salad for supper

CUTLET Masterpieces!

Delicious Recipes From Cecile Our Cookery Expert

One ounce of flour
Half a lemon
Salt and pepper
Half a pint of stock

MIX th[illegible] and dip the veal in it that it is well coated. [illegible] the butter in a baking [illegible] when it is very hot put in veal and brown the outside as quic as possible—two minutes for each s

Chop the onions and fry them.

Cut the tomatoes in half and put in a tin, with the meat in the co lying on the onions. Bake in a mode oven for thirty or forty minutes. up with the potatoes round the me make a brown gravy by frying th and adding half a pint of stock. the gravy and season well, flav with lemon juice. Strain round meat.

Enough for four or five persons.

FRIED MUTTON CUTLETS AND ONION SAUCE

Two medium sized onions
One teaspoonful of arrowroot
Pepper and salt
One pound of best neck mutton
Egg and breadcrumbs
Half a gill of milk
Quarter of an ounce of butter
Dripping

HAVE the chine bone removed, divide the mutton into cut Trim them and shape the meat t point at the end of the bone, so as allow a cutlet frill to slip on easily.

Brush the cutlets with egg, and with breadcrumbs. Melt some drip frying-pan. When hot put in the cut Fry gently until golden brown, t turn them over and brown the c side.

When cooked arrange them on a with the bone of each cutlet to the and put on the cutlet frills. Pour th brown gravy round, then heap the o sauce in the centre.

TO MAKE THE SAUCE

Peel the onions, and cook them in until tender. Strain them well, c them well, and chop finely.

Mix the arrowroot to a smooth p with some of the milk, add the rema to the onions and return to the sauce Add the butter, stir in the arrowroot, for a few minutes, and season to t The sauce should be rather stiff.

Allow one or two cutlets for each person.

1930

Do You Love Potatoes?

Cecile, Our Cookery Expert, Suggests Some Delicious Dishes

SCALLOPED POTATOES

One and a half pounds of potatoes
One and a half ounces of cheese
Flour
Pepper and salt
One ounce of butter
About one and a half gills of milk

GRATE the cheese finely.

Scrub the potatoes, peel thinly and wash. Drain and cut in thin slices.

Butter a pie-dish and put in a layer of potatoes dredged with flour. Add seasoning and one or two dabs of butter, and sprinkle with grated cheese.

Continue in this way until the ingredients are used. Heat the milk and pour in. Cover with buttered paper, and bake till golden and tender. Serve in the dish.

CREAMED POTATOES

Two pounds of potatoes
One ounce of butter or margarine
Half an ounce of flour
Half a pint of milk
Seasoning
Chopped parsley

PREPARE the potatoes as for boiling, and cook gently till tender in slightly salted water. Drain and let dry, and cut in thin slices.

Melt the fat in a saucepan, add the flour and, when blended, stir in the milk and bring to the boil.

Boil gently for a few minutes and add seasoning to taste. Add the potatoes and stir round gently.

Turn into a vegetable dish, sprinkle with finely-chopped parsley, and serve.

POTATO OAKES

One pound of cooked potatoes
One egg
A small piece of butter
Seasoning
One level dessertspoonful of chopped parsley
Breadcrumbs
Deep fat

RUB the potatoes through a sieve or ricer, or mash up very finely.

Melt a walnut of butter in a saucepan and stir in the potatoes.

Separate the egg, and add the beaten yolk. Mix together well, and add the chopped parsley and seasoning to taste. Spread on plate and leave till cold.

Divide the mixture into small portions and shape each into round cakes with flattened tops.

Beat the egg white slightly, brush cakes with this, and coat with breadcrumbs. Place in a frying basket and fry in hot, deep fat until golden. Drain and serve.

POTATO FRITTERS

Three ounces of flour
Pinch of salt
One good dessertspoonful of salad oil
One gill of warm water
One or two egg whites
Potatoes as required
Deep fat

SIFT the flour with a pinch of salt, make a well in the centre and pour in the oil. Add warm water gradually, and mix to a smooth batter.

Beat it well and let stand for about an hour or more, and when you are ready to fry the potatoes, whisk the egg whites to a stiff froth and fold into the batter.

Have the potatoes ready peeled, washed, and sliced in wafer-like slices, and dried in a cloth. Coat each piece with batter, then place in a deep pan of hot fat and fry till golden. Drain and serve whilst crisp.

CHEESE POTATOES

Three large potatoes
A quarter of a pound of cheese
Seasoning
One ounce of butter

SCRUB the potatoes but do not peel them. Bake gently in the oven till tender.

Split them in halves lengthwise, and scoop out the potato. Melt the butter in a saucepan, add the potato and three parts of the finely-grated cheese, and stir till the latter is melted.

Add seasoning to taste.

Replace the moisture into five of the half skins, heaping it up well. Sprinkle the remainder of the cheese on the top, and place under the hot grill until brown.

Sounds tasty! Buy from Wilson's, the new butcher on the high st — Florence reccommends

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Join Cecile's Cookery Classes!

Have you joined Cecile's Cookery Classes for Beginners and Those Who Feel that Their Cookery Could Be Bettered? These Lessons are just as Valuable to you as a Course of Lessons in a Cookery School, So Do Keep Them Carefully!

The Proper Way To Make BOILED MUTTON

MY METHOD

Knuckle half leg of mutton
One and a half pounds of onions
One or two carrots
Two or three pounds of turnips

CAPER SAUCE

One and a half ounces of butter
One and a quarter ounces of flour
Half a pint of mutton liquor
Quarter of a pint of milk
Three dessertspoonfuls of capers
Seasoning

WIPE the meat, weigh it, and allow about twenty minutes to the pound and twenty extra. Put it into a pan of boiling water, just sufficient to cover it, and add a little salt to flavour.

Let it boil, then remove the scum and simmer the meat gently until tender. Add the scraped and washed carrots, one peeled and halved turnip, and the peeled onions. It saves time when dishing up, to tie the onions loosely in a piece of muslin so that they may be all taken up together.

It is important that the meat should only be allowed to simmer, otherwise it will become hard.

Cook the remainder of the turnips in a separate pan of boiling water with salt to flavour. Peel them thickly and cut into halves or quarters according to their size.

TO MAKE THE SAUCE

MELT the butter in a saucepan, add the flour and, when well blended, stir in one quarter of a pint of milk gradually, and half a pint of liquor from the pan in which the mutton is cooked.

Continue to stir until the sauce boils and thickens, then let it cook gently for a few minutes.

Meanwhile, drain the capers and chop roughly or cut in halves, and add to the sauce with seasoning to taste.

TO SERVE

PLACE the meat on a hot dish with a few vegetables round it, and serve the remainder separately.

Pour a little sauce over the meat, and the remainder into a sauce boat.

Some liquor from the meat should also be served in another sauce boat, and the mashed turnips in a vegetable dish.

THE TURNIPS

WHEN cooked, let them drain thoroughly, then mash up with a fork.

Reheat them with a lump of butter, and season with pepper.

VARIATIONS

IF preferred, a piece of middle neck of mutton may be substituted in place of the half leg.

Parsley sauce can be used instead of caper sauce.

Breast of mutton is also a suitable joint for boiling, and is very economical to buy, but as it is rather fat it is better served cold.

Cold, boiled breast of mutton served with chutney and hot baked potatoes (cooked in their jackets) make a very inexpensive meal.

Soup can be made, using the liquor in which the meat has been cooked as a foundation.

When the liquor is cold skim off the surplus fat, otherwise your soup will be too greasy. The fat should be clarified.

SUITABLE ACCOMPANIMENTS TO SERVE WITH BOILED MEAT

BOILED MUTTON
Caper Sauce
Boiled Onions
Mashed Turnips

BOILED SALT BEEF
Dumplings
Boiled carrot and onions

BOILED BACON
Butter Beans or Broad Beans
Carrots and Onions
Parsley Sauce

BOILED PORK
Boiled Parsnips
Pease Pudding
Turnip Tops

NOTE.—When boiling salt meat, put it into warm water to cook.

Salt beef and dumplings — good combination

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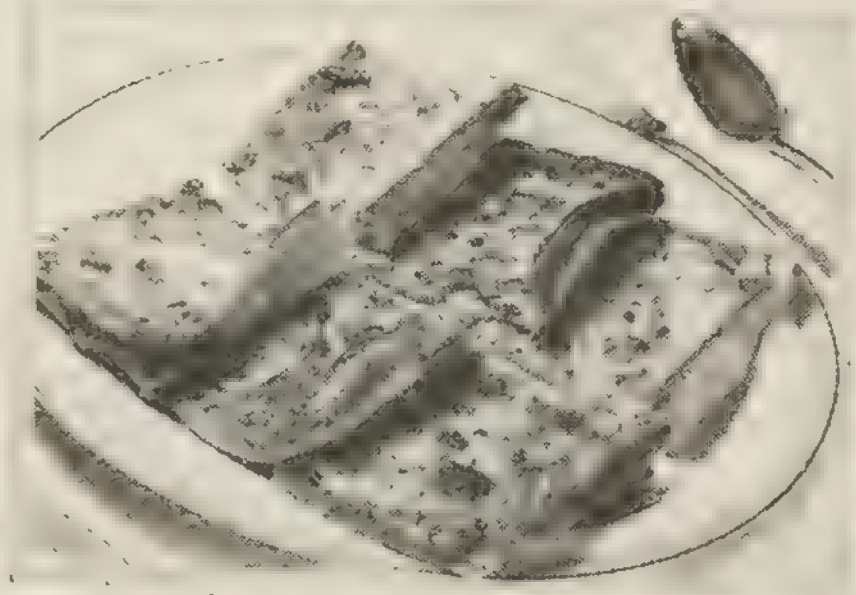
1942

CECILE'S COOKERY CLASSES



Serve with hot vegetables and thickened gravy.

Delicious Savoury Batter

MY METHOD

PUT the flour into a basin and make a well in the centre. Measure the dried egg into a small basin and mix it to a smooth paste with the water. Let it stand for five minutes.

Turn the prepared egg into the centre of the flour and mix it to a smooth batter, stirring in half the milk by degrees.

Beat this well for a few minutes, then stir in the remainder of the milk, and let the batter stand for at least an hour.

Meanwhile, mix up some scraps of left-over cooked meat, and when you are ready to cook the pudding, mix them into the batter, adding the mixed herbs and salt and pepper to taste.

Melt a small lump of dripping in the baking tin, letting it run all over the tin. Pour in the batter, then put it into a hot oven to bake. Half-an hour should be sufficient time to allow.

Cut into convenient sized pieces and serve it on a hot dish.

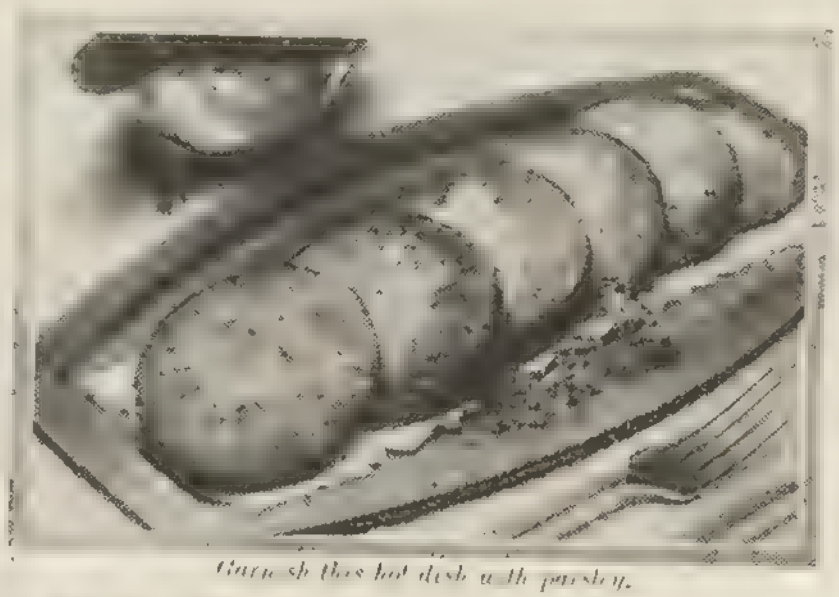
NOTE.—A little onion or curry powder may be added to flavour the batter instead of the mixed herbs, or you may prefer some chopped parsley.

Left-over batter may be re-heated by frying it lightly in a little dripping.

THE INGREDIENTS FOR SAVOURY BATTER

- ¾ lb. of flour
- 1 level tablespoonful of dried egg
- 2 tablespoonfuls of water
- ½ pt. of milk
- 3 ozs. of cold minced meat scraps
- ½ level teaspoonful of mixed herbs
- Salt and pepper
- Small piece of dripping

Am already so tired of rationing and meals made from scraps. Still, it could be a lot worse without Cecile's brilliant ideas



Garnish this hot dish with parsley.

FOR BREAKFAST OR FOR LUNCH

SAVOURY SAUSAGE CAKES

THE INGREDIENTS

- ½ lb. of sausage meat
- 2 to 3 tablespoonfuls of stock
- 1 level tablespoonful of chopped parsley
- 3 ozs. of bread
- 1 level teaspoonful of mixed herbs
- Pepper and salt
- Fat for Frying

MY METHOD

MAKE the soft part of the bread into crumbs, then break up the crusts into small pieces and put them into a basin with two tablespoonfuls of the stock. Let them soak till soft, then mash them up with a fork.

Mix the sausage meat with the soaked bread and the crumbs, and add the parsley and mixed herbs.

Season with pepper and salt and mix it all together, adding a little more stock if required.

Divide the mixture into six or eight portions, and shape into flat round cakes on a very lightly floured board. Dredge the cakes all over with flour, until evenly coated, and shape up again.

Melt a little fat in the frying-pan, and fry the cakes until they are brown on one side, turn over and brown the other side. These may be served for breakfast or lunch. If for lunch, some thickened brown gravy may accompany them. For breakfast, they can be prepared overnight and then brushed off in the morning.

VARIATIONS

If required for lunch, the cakes may be flavoured with a little curry powder and some finely minced onion, instead of with the herbs and parsley.

If a rasher of bacon is available, this might be minced and added to the sausage meat to flavour the cakes. Flavoured with bacon, they are excellent for breakfast.

A treat for Jimmy's breakfast when he's on leave

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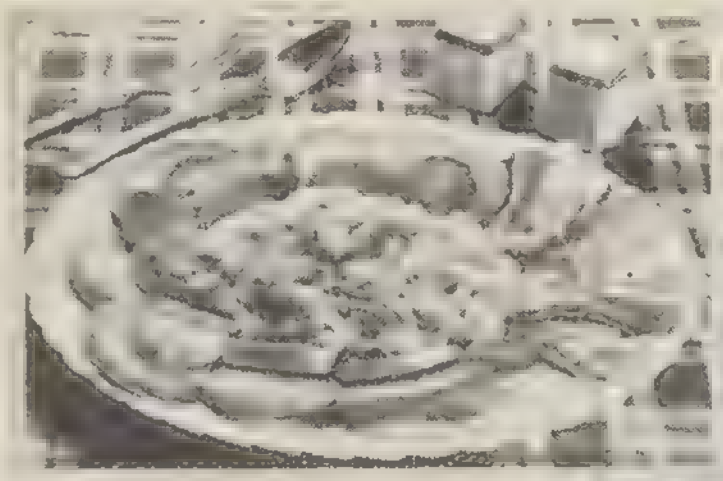
1943

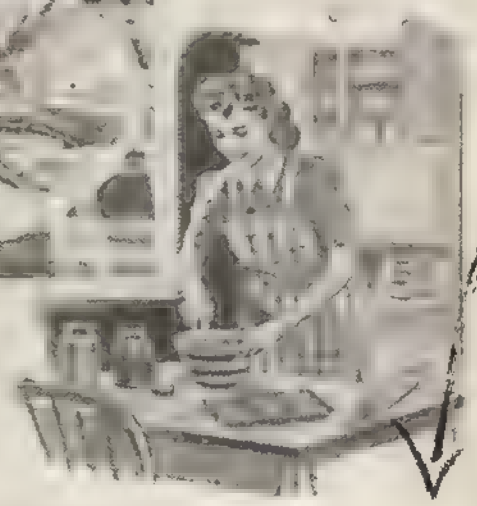
EVERYDAY FOOD

Good tip for measuring dried egg more easily

1946



CÉCILE'S COOKERY CORNER



BACON With DRIED EGG And POTATOES

A Clever Way To Spin Out Your Rations

THE INGREDIENTS

- 4 or 5 small streaky rashers of bacon.
- 6 level tablespoonfuls of dried egg.
- 1 oz. of margarine.
- ½ pint of water.
- Salt and pepper.
- 1 to 1½ lbs. of cooked potatoes.
- Cooking fat—as required.

MY METHOD

MEASURE the egg into a dry basin and press out the lumps, then mix it to a smooth paste with half the water, adding it gradually, then stir in the remainder of the water, and add salt and pepper to taste.

Slice the potatoes and fry them in a little hot fat, turning them about as required.

Remove the rind from the bacon and fry the rashers slowly, without adding any fat. If another pan is not available, push the potatoes to one side, or dish them up and keep warm.

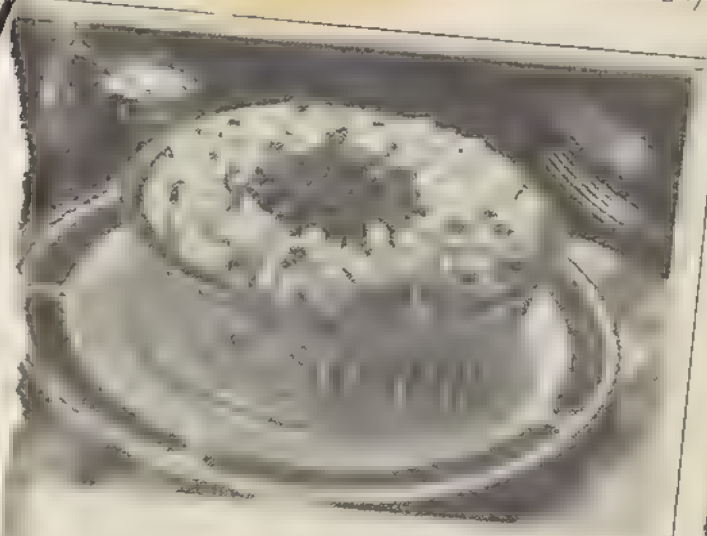
When the bacon is ready, take it up and add the margarine to the bacon pan, and, when melted, stir in the dried egg mixture.

Cook this slowly, and as the egg thickens in the base of the pan stir it away to one side, and let the uncooked egg run to the base. Continue in this way until it is all cooked, then serve it on a dish with the potatoes and bacon.

Be careful not to overcook the egg, it will only take a few minutes, and do not cook it too quickly.

MEASURING THE EGG

THE narrow packets of dried egg are not very easy when measuring in tablespoons, it is better either to turn some of the dried egg on to a sheet of paper, and measure off your requirements, or to measure the egg in teaspoonfuls. Two rounded teaspoonfuls are equal to 1 level tablespoonful. Six level tablespoonfuls are exactly half the packet of dried egg.



SAVOURY MACARONI

THE INGREDIENTS

- 6 ounces of macaroni
- A few left-over scraps of corned beef
- 2½ to 3 ounces of cheese
- 2 tablespoonfuls of milk
- Salt and pepper

and the [illegible] gently with [illegible] a low heat, and when the cheese is melted, add seasoning to taste, then turn it into a hot dish.

Garnish with parsley or watercress, or a few tinned peas, and serve with some watercress or any green vegetable.

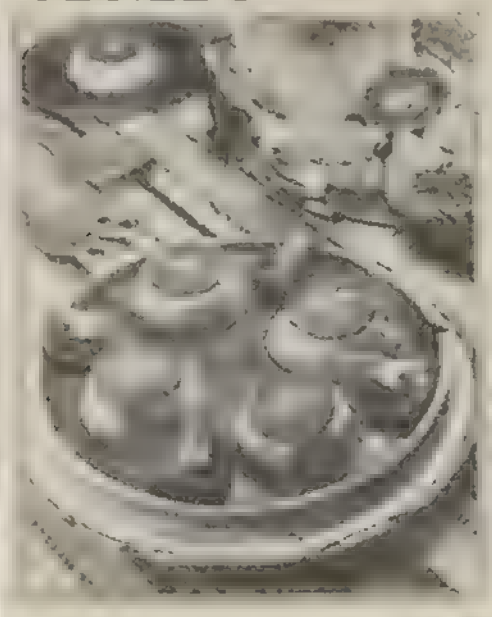
VARIATIONS.—*Some chutney may be served with this, if liked.*

If spaghetti is available, this may be used instead of the macaroni. Scraps of chopped cooked bacon may be added in place of the corned beef.

[illegible] water [illegible] r, and [illegible] it into [illegible] d, return [illegible] the chopped corned beef, [illegible] wing days repeated the [illegible] T[illegible] pleasure," said Peter, too [illegible]

1943

CÉCILE'S COOKERY CORNER



THE INGREDIENTS

- 4 level tablespoonfuls [illegible] dried egg
- 2 level dessertspoonfuls dried milk
- ½ pint of water
- Salt and pepper
- 1 level dessertspoonfu[illegible] chopped chives or p[illegible]
- Pinch of herbs
- ½ oz. of margarine
- Tomatoes and some salad

EGG MOULDS

An Appetising Meal In Summer

1945

CÉCILE'S COOKERY CORNER

A Delicious Curry

A Good Way Of Serving Corned Beef

THE INGREDIENTS

½ lb. of corned beef. 2 or 3 medium sized carrots. 1 medium sized onion. ½ small apple. 1½ ounces of dripping. 3 level dessertspoonfuls of curry powder. 1½ ounces of flour. Barely ¾ pint of stock. Salt. Mashed potatoes. Some chutney.

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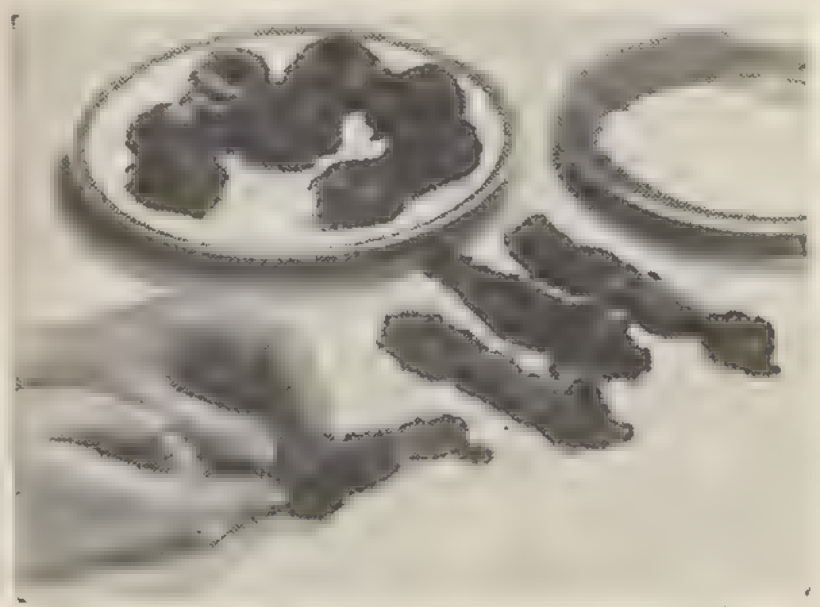
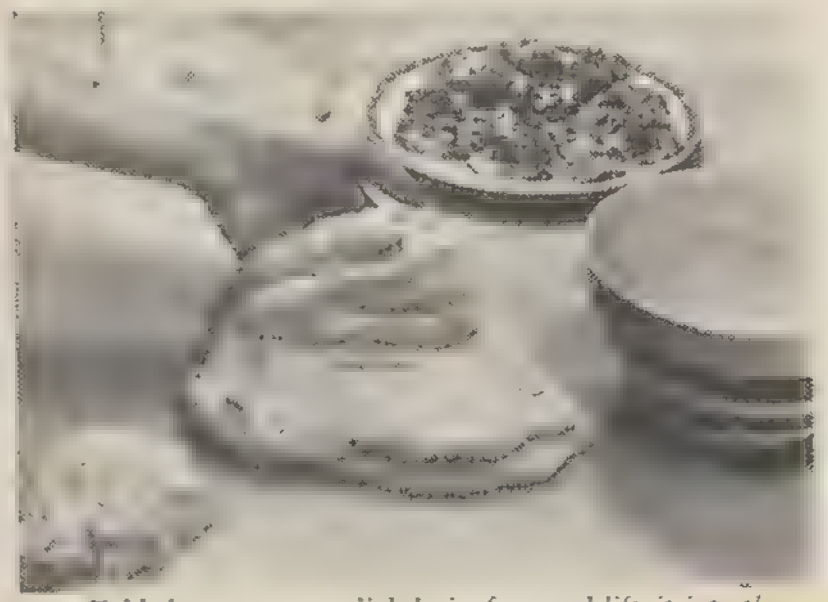
HERE IS A DETAILED RECIPE WITH PHOTOGRAPHS

CAN YOU MAKE A STEAK AND KIDNEY PUDDING?

It Has A Delicious Suet Pastry And Should Be Steamed For Several Hours. Or For Dessert The Pastry Can Be Made Into A Tempting Rhubarb Dumpling With A Toffee Top



1. *Wrap a strip of steak round each little piece of kidney.*



2. *Fold the suet pastry lightly in four and lift it into the greased basin.*

3. *Now fill the centre with the prepared*

For The Suet Pastry

1 lb. of plain flour
1 level teaspoonful of salt
4 level teaspoonfuls of baking powder
4 oz. of shredded suet
Just over ½ pint of milk and water in equal proportions

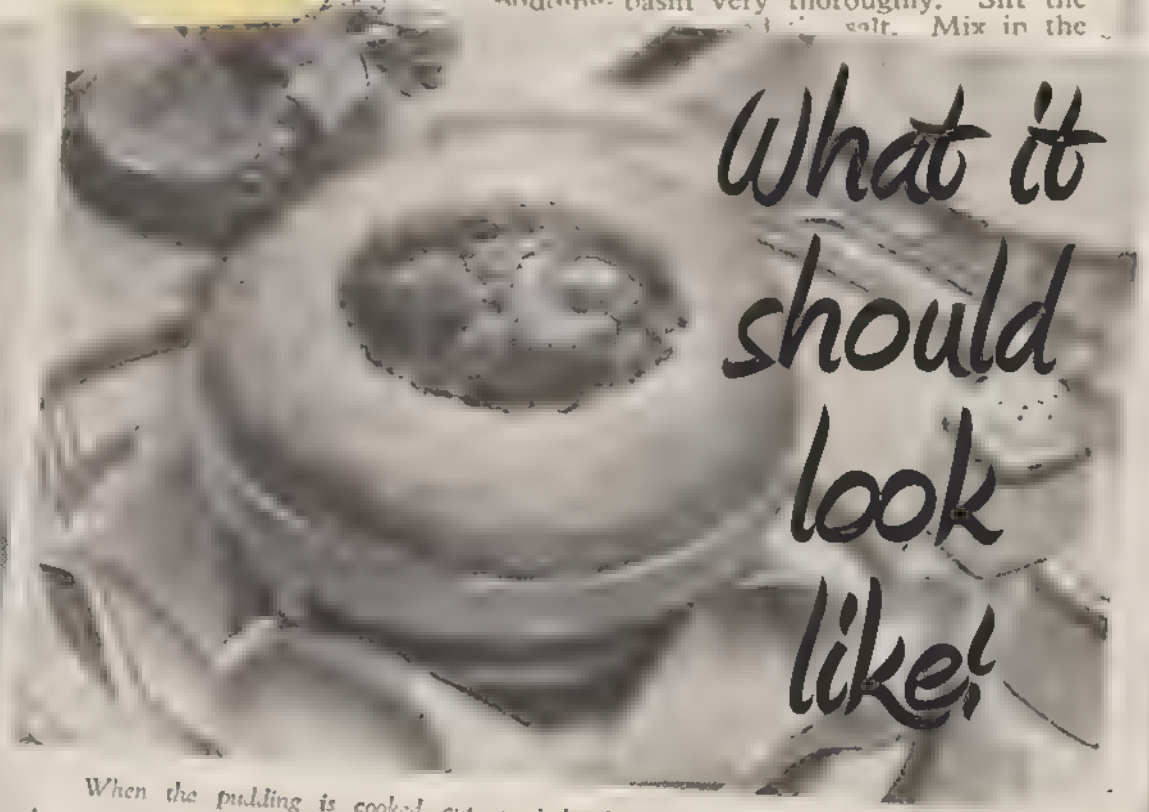
For The Filling

1½ lb. of thinly-cut stewing steak
4 oz. of ox kidney
1 rounded tablespoonful of flour
½ level teaspoonful of salt and a good pinch of pepper
3 tablespoonfuls of cold water
A little boiling stock
A pudding basin which holds two pints of liquid will be required.

FIRST prepare the meat. Cut the stewing steak into strips about two and a half inches long by an inch wide. Cut the kidney into half-inch dice. Wrap a strip of meat round each little piece of kidney as shown in photograph 1. Sift the seasoning with the flour and spread it on a plate, then roll the meat in the seasoned flour.

e Suet Pastry

pudding- basin very thoroughly. Sift the salt. Mix in the



What it should look like!

★ *When the pudding is cooked, cut a circle three inches diameter in the top and remove this piece of pastry. Wipe the basin and stand it in a folded napkin ready for serving piping hot, fragrant and appetising. It should be a triumph!* ★

We are sorry that the recipes on these pages are reproduced for interest only and we cannot guarantee the results of using them

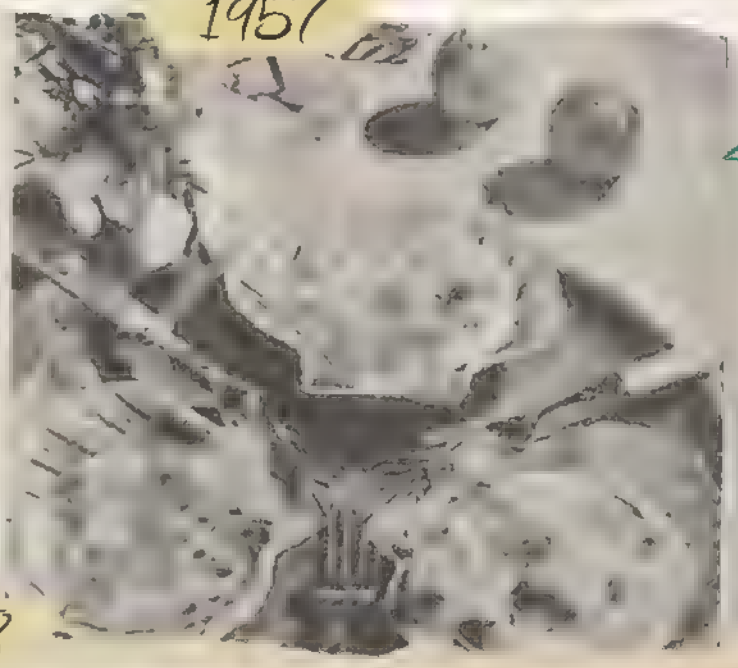
1957

SCALLOPS ARE IN SEASON NOW!

And Cécile Tells You How To Make These Tasty Little Shellfish Into An Excellent Lunch Or Supper Dish

CREAMED SCALLOPS

2 large scallops or 3 small ones
½ pt. of milk Sal
1 oz. of margarine
½ oz. of flour



1958

Never cooked scallops before. Something to impress Tony with when he comes for dinner!

Cécile's Summer Cookery

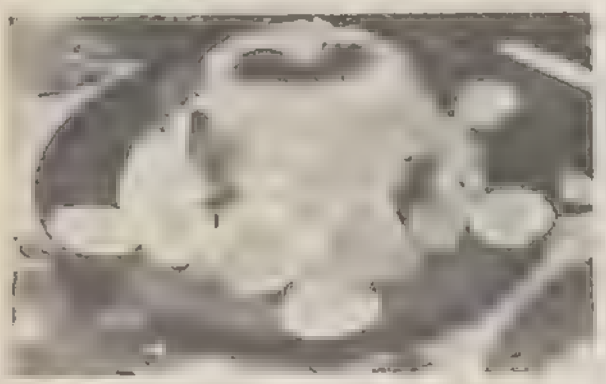
A MIXED SALAD AND FRENCH SAVOURY TARTS

Why Shouldn't We Try A Little Continental Cookery For A Change?

1960

Whether boiled or fried, served as a sweet dish or a savoury, Cécile finds there's nothing as versatile as

RICE



20

Money challenge

See how much housekeeping I can save if I stick to this menu for a week

1962

MENUS FOR A WEEK

	RECIPES FOR STARRED ITEMS
SUNDAY	Steak and Kidney Pie* Sprouts and Boiled Potatoes Baked Apples with Cream or Custard
MONDAY	Boned and rolled Bacon Forehock* Jacket Potatoes Blancmange and Fruit
TUESDAY	Macaroni Cheese with Onions and Tomatoes* Down Under Bake
WEDNESDAY	Cold Bacon Joint Salad or Sauté Potatoes and Pickles Bakewell Tart*
THURSDAY	Egg, Sausage and Bacon Flan* Baked Tomatoes Sago Pudding with Jam
FRIDAY	Baked Cod with Egg Sauce Braised Celery or Baked Beans Jam Sponge
SATURDAY	Liver and Bacon Cabbage or Spring Greens and Chips Orange Whip*

Cooking rice:
rub grains between the fingers — they should more or less disappear

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1937

A
LITTLE BOOK
of
TABLE MANNERS

Written by a Well-Known Expert on Etiquette, This Booklet is a Neat, Comprehensive Little Manual For Those Who Dine Out, Telling How Each Different Dish Should Be Eaten . . .

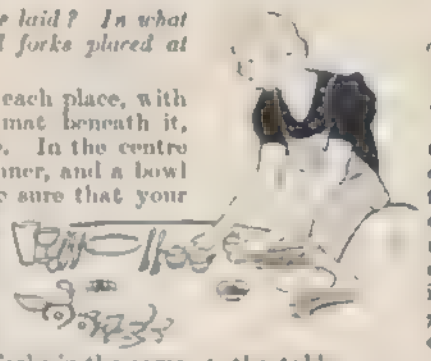
THE RULES OF EAT-IQUETTE

The potential for a food-related faux pas can be avoided, thanks to this invaluable guidance

HOW TO LAY THE TABLE

How should the table be laid? In what order are the knives and forks placed at each cover?

LAY a pretty mat at each place, with a cork or asbestos mat beneath it, to save your table. In the centre put a larger mat, or runner, and a bowl of flowers or fruit. Be sure that your table is well polished, and shines nicely. Lay knives to the right of each cover (a "cover" means each place), large knife outside, and small one nearest the plate. Forks in the same order on the left of the cover, and a spoon and fork for the sweet at the top. A soup spoon on the right, with the knives, and farthest from the plate. A fish knife, if used, next to this spoon, and the fork on the outside on the left of the cover.



How are the glasses placed?

ON the right of the cover, and according to the wine which will be served. Most usual grouping for a dinner-party is claret glass, port (or sherry) glass, and tumbler on the outside of this little group. Liqueur glasses are handed filled, and not set in readiness.

Where should cruets go?

IF actual cruets are used, they should be placed in the most convenient place, one on each side of the table. But if pepper castors, salt cellars and mustard-pots are separate, they can be made into two or more groups at the corners, or near the centre of the table.

Should the water jug be placed on the table, or on the sideboard?

THIS is optional, but it is usually more convenient on the sideboard, and takes up less room there.

Should butter be served at a dinner party?

YES, a small glass dish may be put for each guest, with two pats of butter, and a tiny glass-handled knife to spread it with. Or, alternatively, one silver butter dish with several pats in it, and a silver butter knife between two or three guests.

GENERAL HINTS

Is it correct to place the knife and fork on the plate at intervals while the course is being eaten?

Most certainly this is correct.

Should the table be cleared before the sweet?

NO, not until dessert comes round. When clearing the table for dessert, the parlourmaid should start by removing the glasses from the right hand of each guest, beginning with the principal lady guest. (If port is yet to be served, that glass must be left.) She then proceeds to remove crusts, etc., and to brush away the crumbs into a special little tray for the purpose.

Right

From which side are dishes handed and cleared?

From the left.

How should the knife and fork be placed at the end of each course?

CLOSE together, neatly, in the centre of the plate, with the prongs of the fork turned upwards.

Wrong

DRAWING-ROOM TEA

...ch cup separately

How do you eat hot buttered tea cakes? Do you use a knife and fork?

NOT if you can possibly help it. If they are too buttery you may be driven to do this, but it is not the correct way. There should be a kind of crispness about them which admits of their being held in the hand.

Should napkins be served with tea?

ONLY if the food to be served is of the messy variety.

When one is giving a little tea-party in one's own house, should one rise as each guest appears?

YES, the hostess should always rise to her feet and come forward with outstretched hand to welcome each guest, whether man or woman.

Women guests, upon an introduction, do not rise unless the one who is being introduced is an older woman, a much older gentleman, or a man or woman of superior social position.

* * * * *

If Augusta reads these, maybe she will finally follow my example!

REFINED DINING

DINNER BEGINS

Are hors d'œuvres eaten with a knife and fork, or with a fork only?

A fork only.

How do you eat caviare?

A SMALL portion of caviare is taken on to the plate, and lemon squeezed over it, also pepper, but not salt, as it is salty in itself. You then take the piece of hot toast which is served with it, and holding the toast in the left hand, and the knife in the right, spread the nearest corner of the toast with butter, and then a small portion of caviare, put on rather thickly. Boldly bite off this portion, and then spread another bit of the toast you hold. If preferred, you can cut off small portions of the toast first, but in each case the toast must be conveyed to the mouth with the fingers, and not with a fork.

Are scallops eaten from their shells, using only a fork?

YES, they are eaten from their shells, with a fork, and possibly may need a silver fish knife as well.

How do you eat oysters?

OYSTERS are served in their own shells, six on a plate, as a rule. Most people like a few drops of vinegar sprinkled on each oyster, but a squeeze of lemon-juice is an alternative.

Continued overleaf

Ah, you can use a knife for eating scallops — devilishly difficult to get out otherwise

Breaking bread

How should you eat bread? Broken or cut?

Bread should be broken, and not cut.

Are bread plates served at dinner?

YES, as a rule. They are placed on the left of the cover, and removed before dessert plates are placed.

Don't cut it!

The port passing always confuses me — right to left

Oh dear, I must remember this!

SOUP

The right way—tip the plate away from you

The wrong way—don't tip the plate toward you

WINES

When you have a cherry in your cocktail, do you eat the cherry first, or what should you do with the stick?

EAT the cherry first from the stick, then put the little stick anywhere convenient, in an ash tray, for instance.

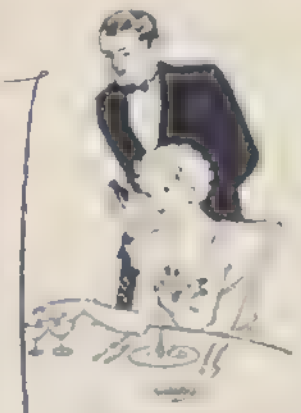
When the waiter at a dinner begins to fill your glass how do you stop him?

YOU put your fingers over the top of the glass for a moment, and he will understand.

How should port be passed?

PORT must be passed round the table from right to left, and each guest, having helped himself, should pass on the decanter to the guest on his left, by pushing it along the table towards them. It can thus circulate two or three times if needed, without coming to a halt in front of the host.

Passing the port



No more wine!

What should one do if one spills wine at table?

ANY little accident of this sort should be ignored as far as may be by host, hostess and guests. The maid will do her best to remedy matters as quietly as possible.

Is it rude to refuse wine when one is a guest at dinner?

NO, it is quite permissible to refuse wine.

AT THE END OF DINNER

Should coffee be served at the dining-room table or in the drawing-room?

THIS is optional, but at a dinner party people usually prefer to have it in the drawing-room, but both ways are correct.

Should you dry your fingers on your napkin after using a finger bowl?

YES, certainly. You do this very unobtrusively.

Crumpling the table napkin

What should you do with your table napkin after the meal? Should you fold it up?

NEVER fold it up. Leave it slightly crumpled to the left of your plate, or even on the chair you have vacated on leaving the room. Folding up a napkin is an economical home habit meaning that the napkin will be used again. It is not suitable for dinner parties, however small.

Is it correct that the host and hostess should try not to finish the course before the guests?

YES, it is an essential courtesy that a guest who eats slowly should not be made to feel uncomfortable because everyone else has finished.

1946

AFTERS THOUGHTS

(or puds I love!)

Who doesn't love a sweet treat to finish off a tasty meal? My ever-growing bundle of ideas is guaranteed to never let me down

1912

...por constipation, alth... | is about the normal number at that

Cherry Dainties.

Cherry Roly-Poly.

Mix one pint of flour, one tablespoonful of sugar, half a teaspoonful of salt, and two small teaspoonfuls of baking-powder. Rub in two large tablespoonfuls of butter, and mix them to a soft dough with sweet milk. Roll the paste out until half an inch thick, and spread on it a generous layer of stoned cherries. Dust them with flour, add sugar according to the tartness of the fruit. Roll up the paste, and pinch the ends together. Lay the pudding on a buttered plate, and steam it for forty-five minutes. Then place it in a hot oven just long enough to dry off, and to colour the top very lightly.—Mrs. Ridge, Saltley, Birmingham.

Cherry Tartlets.

Take two cupfuls of sugar, and put them into a saucepan with one cupful of water, and stir the ingredients until the sugar is completely dissolved. The pan should then be put over the fire, and be allowed to heat until boiling-point is reached. Now drop in, one by one, a quart of stoned cherries, and allow them to simmer until they are soft without becoming broken. They should then be skimmed and drained, and the syrup be cooked down until it is thick and rich. The fruit is then ready for putting into tarts.—Mrs. Thomas, Pyrford, Woking.

Cherry Salad.

Stew, and remove the stones from, a pound of sound black cherries. Put a blanched almond into each, and put them aside to cool. Before serving them, lay the cherries on some fresh green fruit leaves, and sprinkle them with a little lemon-juice and castor sugar.—Mrs. C. King, Gloucester.

IN THE KNOW

In the 1920s and '30s heavy treacley puds and crumbles gave way to lighter ones (such as ice cream), because they took less time to make, and thanks to the arrival of refrigerators.

Good results from cherry tartlets recipe. Not so keen on Mrs King's fruit salad

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Milk Puddings

These puddings are so nourishing. They're just right for everyday dinners.

On busy days make milk puddings: they need very little attention.

THESE are quite the simplest puddings we make, and yet so often they are either too stiff or too milky.

It is not hard to strike the happy medium, but a good milk pudding must be made with method. No slap-dash work will do, even in the simplest cookery.

Be very careful to use clean moulds, piedishes, etc., and see that the oven is quite clean, as milk will quickly absorb any flavour.

For baked puddings, to every pint of milk allow two ounces of rice, tapioca, semolina, etc. For a mould to serve *cold*, allow three ounces to the pint; and to serve *hot*, four ounces.

RICE PUDDING ALL WILL LIKE.

WASH two ounces of rice well, and put it into a white-lined pan with a pint of milk and a little lemon rind to flavour.

Simmer gently until the rice is tender. Test by pressing a grain between the thumb and first finger. Then remove the lemon-rind, add sugar to taste (about two tablespoonfuls generally). Place the whole in a greased piedish, and bake it until it is firm and has a rich brown skin.

SUET FOR WEAK CHESTS.

THE same ingredients, with the addition of half an ounce of grated suet, baked in the oven straight away with a little grated nutmeg over it, is splendid for an adult or child with a weak chest.

It will take about two hours to cook.

Of course, an egg is a great addition to any of these milk puddings, as it adds to the food value tremendously.

DELICIOUS SEED TAPIOCA.

THE secret of making this particularly nice pudding is to *soak* the *tapioca* over night. Be sure that it is the seed variety, as this is very fine, and the thorough soaking prevents any lumping during cooking. Cover two ounces of tapioca with water, next morning add a pint of milk, sugar to taste, and a small lump of butter.

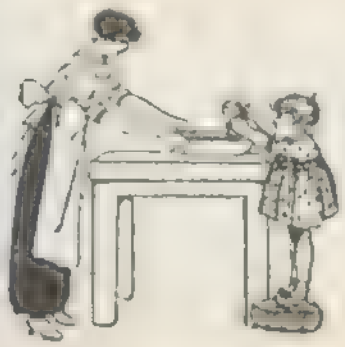
Bake in the oven, and serve hot.

Of course, it is impossible to obtain the same amount of nourishment from condensed milk as from cow's milk; but if you are studying economy, really nice puddings can be made with the tinned milk. At least two good tablespoonfuls should be used to a pint of boiling water.

SEMOLINA WITH EGG.

PUT a pint of milk on to boil with a little lemon-rind, sprinkle in an ounce of semolina, and cook gently until it thickens and the latter is done. Remove the lemon-rind. When slightly cool, add the beaten yolk of an egg, and the stiffly beaten white. Turn the mixture into a greased pie-dish, and bake in a fairly hot oven until it is risen and brown.

If you have been making barley-water for an invalid, don't throw away the pearl barley after straining, but mix with milk, sugar and flavouring, and bake it. It makes a delightful change.



THESE ARE TESTED RECIPES. WRITTEN BY OUR COOKERY EXPERT.

PERFECT ENDINGS

Good starter puddings for Agnes to learn

THE USEFUL BANANA.

BANANA POP-OVERS.

Two eggs.
Their weight in butter, sugar, flour.
Flavouring of vanilla.
A pinch of baking-powder.
Crushed banana.
Sugar.

RUB the butter and sugar together, then add the beaten eggs and flour alternately; also a drop or two of vanilla essence, and a pinch of baking-powder.

Turn the mixture into any well-greased dariol moulds, and bake in a good even oven. Try with a skewer. Turn out if done, and pile thin rings of fried banana round each little shape, and put a little on the tops.

The fruit should be sprinkled with castor sugar and lemon-juice while being fried.

Another dainty plan is to cut off the tops of the shapes, scoop out a little of the centre, and mix it with well-crushed banana which has been mixed with sugar, vanilla, and cream, if possible. Then put on the tops so that a little of the mixture can be seen.

** Find dariole moulds. Presume flour is plain? Caramel sauce for the bananas also good. Mix with whipped cream for filled versions?

STEAMED LEMON PUDDING.

This is another economical and quickly-made pudding.

Mix together half a pound of bread-crumbs, half a pound of sugar, four ounces of chopped suet and the grated rind of one lemon. Beat up an egg well, and add it to the dry ingredients, together with the juice of two lemons.

Mix the whole very thoroughly, turn it into a pint mould, and steam for two hours.

* * *

Breadcrumbs always help to make the pudding lighter, and stale bread can be used up in this way to advantage.

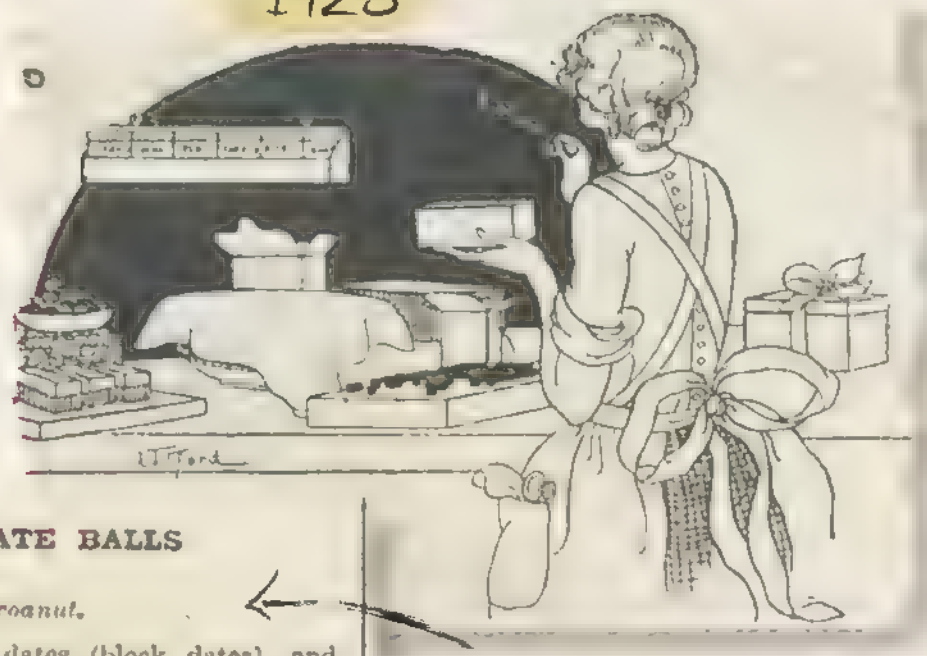
YOU CAN'T GO WRONG IF YOU FOLLOW THESE RULES.

1. Allow longer for steaming than boiling, and be careful that the pan does not boil dry.
2. As a guide, use from six to twelve ounces of suet to one pound of flour.
3. When baking-powder is used, less suet is needed to lighten the pudding.
4. Breadcrumbs mixed with the flour help to make the pudding lighter.
5. Puddings containing a large quantity of suet require a long time to cook, and it is more satisfactory to boil them.
6. Cover a boiled pudding with a buttered paper *before* tying on the cloth. Cover a steamed pudding with a buttered paper only.
7. A pudding-cloth must always be well floured.
8. Fill the saucepan with boiling water from time to time.

A hearty pud with a good lemony taste. Could try with other citrus: oranges (use less sugar) or limes

Sweets to take to Easter weekend tea at Edward's folks

1923



The nieces will have fun making these when they come over

1923

COCOANUT-ICE

One pound of lump sugar.
Half a pound of desiccated cocoanut.
One and a quarter gills of milk.
Few drops of cochineal.
Vanilla flavouring.

PUT the sugar and milk into a saucepan, and let the sugar dissolve slowly. When dissolved, stir in the cocoanut, and bring to the boil.

Boil gently for about fifteen minutes, keeping it well stirred, flavour with vanilla.

Take a small baking-tin and rinse with cold water. Spread half of the mixture evenly over the wet tin to a depth of about half an inch. Add a few drops of cochineal to the remainder, and colour it a pale pink shade.

Spread it quickly over the white layer before it begins to set.

Smooth it with a knife dipped in water. Leave for a few hours until the top layer

DATE BALLS

Dates.
Desiccated cocoanut.

STONE the dates (block dates), and steam them in a steamer over a pan of boiling water for twenty minutes. Allow them to cool, then roll small portions into balls, and cover them with desiccated cocoanut.

The steamer should be lined with paper.

Have hot water at hand when stoning and rolling dates, as they stick to the fingers. Spread the cocoanut on a sheet of paper to roll date balls in.

Note.—Mothers of young children should rarely be without date balls, because, apart from being a very good food and sweet, they form a splendid laxative.

1926

THREE DELICIOUS SWEETS

Try them, because they're from Cecile

CHOCOLATE MOULD

One and half dessertspoonfuls of cocoa
Three-quarters of a pint of milk
Two eggs
Half ounce of leaf gelatine
Half gill of water
Vanilla flavouring
Two ounces of castor sugar

MIX the cocoa to a smooth paste with a small quantity of the milk. Boil the remainder and stir on to it, then cool slightly.

Beat up the eggs, add the hot milk and cocoa, then strain into a jug. Cook the custard in a saucepan of hot water until it thickens, keeping it stirred occasionally. When ready, turn the custard into a basin and leave until cold. Add sugar and vanilla to taste, then dissolve the gelatine in the water and strain in.

Put into a wet mould and when set turn out and serve.

* * *

MOCK APRICOT CREAM

One ounce of leaf gelatine
Two ounces of shelled Brazil nuts
About two tablespoonfuls of castor sugar
Half a pint of milk
Large tin of apricots

PUT the nuts through the mincer. Leave out one apricot for decorating, and rub the remainder through a sieve, then mix with the nuts.

Stir in the milk and add sugar to taste.

Put the gelatine into a saucepan with the apricot syrup and when dissolved strain into the other ingredients and mix all together.

Leave until the mixture begins to thicken, then stir it up and pour into a plain wet mould or basin.

When set, dip into warm water, turn on to a dish, and place an apricot (cup side downwards) in the centre.

* * *

LOGANBERRY CREAM

Sufficient stewed loganberries to make ¾ pint pulp
½ pint cream
Few drops of cochineal
Castor sugar
½ ounce leaf gelatine

STRAIN the juice from the stewed loganberries, then rub the fruit through a fine sieve and make into a pulp.

Whisk the cream until it stiffens, then gradually stir into it three-quarters of a pint of loganberry pulp.

Add a little castor sugar as required, also a few drops of cochineal if necessary.

Put the gelatine into a saucepan with half a gill of loganberry syrup and dissolve slowly, but do not boil, then strain into the other ingredients and mix lightly. Pour into a wet mould, and when set turn on to a dish.

NOTE.—*When fresh loganberries are not in season use tinned ones.*

**Allow lots of sugar to sweeten loganberries — v. tart

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Use min. three drops of vanilla flavouring

1926

WOMAN'S WEEKLY

CHOCOLATE GOODIES!

"Children love them and they are most nourishing," says Cecile.

CHOCOLATE HONEYCOMB

Three teaspoonfuls of cocoa
Two and a half gills of milk
Half a gill of water
Four dessertspoonfuls of sugar
Three-quarters of an ounce of leaf gelatine
Vanilla flavouring
Two eggs

MIX the cocoa to a smooth paste with a small quantity of the milk, heat the remainder and stir on to it, then return to the pan and add the sugar. Bring to the boil and boil gently for a minute or two. Put the gelatine into a saucepan with the water and dissolve slowly. Let this cool slightly, then stir in the cocoa and milk. Beat up the egg yolks and add, strain it all into a pan, and stir over the fire to cook the eggs, then draw aside.

Whisk up the egg whites to a very stiff froth and fold in lightly. Add vanilla flavouring to taste.

Turn into a wet mould and leave to set, then turn out and serve with wafer biscuits.

CHOCOLATE ICING

Ten ounces of icing sugar
Half a gill of water
Two ounces of chocolate

ROLL the lumps out of the sugar and rub through a fine sieve. Grate the chocolate finely and dissolve in the water. Draw aside and leave until lukewarm, then stir in the icing sugar and add vanilla flavouring to taste. Put over a very low burner and stir until the base of the pan feels warm. When finished, it should be sufficiently thick to coat the spoon. More water or sieved sugar may be added as required.

CHOCOLATE NUT CAKE

Quarter-pound bar of plain chocolate
Quarter of a pound of castor sugar
Quarter of a pound of margarine
Two eggs
One and a half ounces of shelled walnuts
Six ounces of flour
One teaspoonful of baking-powder
Vanilla flavouring
Milk

GRATE the chocolate finely and dissolve in a little milk, then cool. Separate the eggs, and whisk the egg whites to a stiff froth.

Beat the sugar and fat to a cream, then stir in the egg yolks, and beat well for a few minutes. Add the dissolved chocolate and stir in the flour and baking-powder (previously sieved together), and the walnuts (chopped), adding a little milk as required. Flavour with vanilla and fold in the egg whites. Turn into a greased cake-tin and bake in a moderate oven. If you feel very energetic, when the cake is cold, ice it with chocolate icing.

CHOCOLATE PIE

About three-quarters of a pound of flaky pastry
One tablespoonful of cocoa
Quarter of a pint of milk
One and a half teaspoonfuls of cornflour
One and a half tablespoonfuls of castor sugar
One ounce of margarine
Vanilla flavouring

MIX the cornflour with the cocoa and mix to a smooth paste with a small quantity of the milk. Heat the remainder and stir on to it, then return to the pan and bring to the boil, keeping it well stirred. Let it cook gently for a few minutes, then draw aside and cool. Cream the fat and sugar, and then gradually beat it into the chocolate mixture. Flavour with vanilla and beat well for a few minutes until creamy. Divide the pastry into two portions, one larger than the other, and roll out each piece to a round shape. Line a sandwich tin with the thinner round, then add the prepared chocolate mixture. Damp the edge and cover with the remaining piece of pastry, pressing the edges well together. Brush with milk and bake in a hot oven for about twenty minutes. Dredge with castor sugar and serve cold.

1930

SOME delightful dishes can be made with bananas, for bananas when cooked have a very delicious flavour.

BANANA TARTLETS

Short pastry as required.
Four bananas
Half a packet of cherry jelly
Half a pint of hot water
A few glacé cherries

ROLL out the pastry fairly thinly, stamp into rounds, and line some small tartlet tins. Then line them with rounds of buttered paper and put some rice in the bottom.

Bake in a hot oven, and when the pastry is set, remove the paper and rice, and finish cooking. Cool on a sieve.

Dissolve the jelly in the hot water and leave till beginning to set. Peel the bananas and mash finely, and mix with the jelly.

Fill the prepared pastry shells with banana and jelly, and decorate with half a glacé cherry.

Important to let jelly almost set or it runs into bananas and makes a mess

CARAMEL BANANAS

Two ounces of lump sugar
One tablespoonful of water
One whole egg and one yolk
Three-quarters of a pint of milk
Seven bananas

PUT the sugar and water into a small, [illegible] pan and dissolve slowly.

Bring to the boil and boil till a deep golden brown. Let this get cold.

Add the milk, and dissolve the caramel very slowly over a low burner without letting it boil.

Beat up the whole egg and yolk, add the caramel milk, then strain into a jug or top of a double boiler and cook over hot water until it thickens. Keep it stirred. Take it off the gas and cool, and add sugar to taste.

Peel the bananas and cut in slices crosswise. Mix these with the cold caramel custard and serve in a glass dish or in individual custard cups.

Best results using yolk from large egg. Don't use under-ripe bananas

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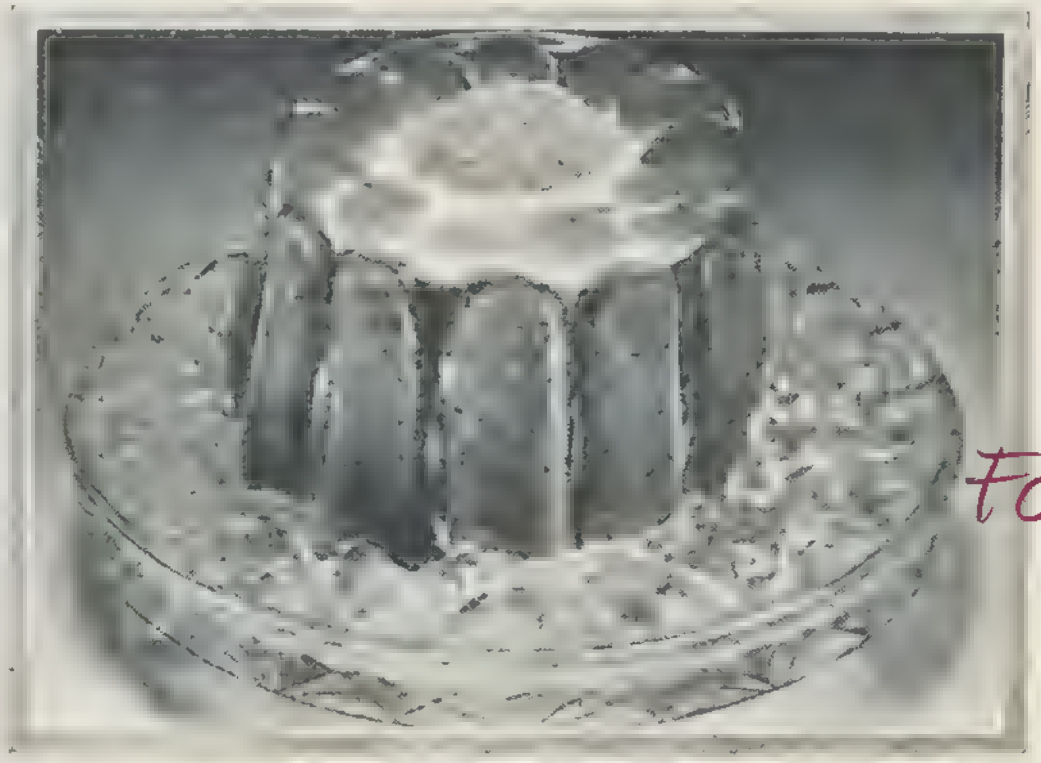

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Follow very carefully

The Proper Way To Make CHARLOTTE RUSSE

THIS is a cold sweet only for special occasions, such as weddings, parties, etc.

MY METHOD

Half-pint packet of lemon-jelly
One and a half gills of hot water
Quarter of a pound of Boudoir biscuits—use as required
A few glacé cherries
Quarter of a pint of cream
Quarter of a pint of milk
Quarter of an ounce of gelatine
Quarter of a gill of water
One and a half dessertspoonfuls of castor sugar
Half a teaspoonful of vanilla essence
Two egg whites

YOU will need a charlotte tin to hold just over one pint. This is a plain, round tin with slightly sloping sides. If this is not available a cake tin can be used.

Dissolve the jelly in the hot water, leave to get cold, then pour a thin layer into the bottom of your tin, and allow to set.

Halve some glacé cherries, pour a little of the melted jelly into a saucer, dip the cherries into this, using a skewer, and arrange round the base of the mould. When these are set, cover with jelly and leave until firm.

Shave the biscuits to make them a little thinner, and cut them so they will reach to the top of the tin; then arrange round the side, standing them on the jelly and putting the best side towards the tin. They must all be the same length, otherwise the mould will not stand when turned out.

If there are any large cracks between the biscuits, make a paste with some of the melted jelly mixed with a few of the biscuit crumbs and use this to patch up, to prevent the cream filling from running through to the tin.

TO MAKE THE FILLING

WHISK the cream until thick, then stir in the milk gradually, adding also the sugar and vanilla essence.

Soften the gelatine in the cold water, then dissolve slowly and strain into the cream. When it begins to thicken, whisk the egg whites to a stiff froth and fold in lightly. Turn this into your prepared mould and leave to set.

When ready to serve, dip the base of the tin in warm water and with one hand on either end of the mould give it one sharp shake to loosen, then turn on to a glass dish.

Chop up the remainder of the jelly, and arrange a small heap in the centre and the remainder round the base.

NOTE

IT is important that the cream filling should be on the point of setting when turned into the mould.

If preferred, Savoy biscuits, instead of the Boudoir can be used. These have to be split in halves and the sides straightened before arranging them round the tin.

* * *

To vary this sweet make a fruit filling.

THE FRUIT FILLING

MY METHOD

Quarter of a pint of cream
One and a half gills of fruit purée
Quarter of an ounce of gelatine
Quarter of a gill of fruit syrup
Sugar to taste
One egg white

TO obtain the fruit purée, drain the syrup from stewed or tinned fruit, and rub the fruit through a sieve.

Whisk the cream until thick, and stir in the purée.

Soften the gelatine in the fruit syrup, then dissolve and strain in. When it begins to thicken, fold in the stiffly whisked egg white.

Turn this into a mould which has been prepared, as in the previous recipe.

□ □ □

Strawberry Shortcake

NEXT WEEK

For Edward's birthday dinner, August 15, 1937. Both sets of parents, Florrie and Sebastian

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PERFECT ENDINGS

Favourites to make again:
* Trifles — for the adults only, add one tbsp of sweet sherry to Swiss roll pieces when in glass
* Treacle pud layers a bit ramshackle, but delicious
* Blanc-mange — A++

1946

CECILE'S COOKERY CORNER

TRIFLES

Grated Orange Rind Gives Them A Delicious Flavour

THE INGREDIENTS

2 ounces of sultanas
1 pint of milk
½ pint of water
2 dessertspoonfuls of custard powder
Grated rind of one orange
½ to ¾ of a level teaspoonful of ground ginger
2 dessertspoonfuls of sugar
About 6 ounces of Sponge Sandwich or Swiss Roll

MY METHOD

WASH and pick over the sultanas, put them into a saucepan with the water, and bring slowly to the boil, then drain and reserve the water.

Mix the custard powder with the ground ginger, and make into a smooth paste with a small quantity of the milk. Put the remainder into a pan, with the water drained from the sultanas, and add the finely grated yellow rind of the orange.

Make this hot, stir it into the smoothed custard powder, then return it to the pan and bring it to the boil, then remove it from the stove and add the sugar.

Cut the sponge sandwich, or Swiss roll, into small pieces, put a few of these into each glass or fruit bowl, scatter with a few sultanas, and pour a little hot custard over. Continue in this way until all the ingredients, with the exception of a few sultanas, are used up. Then leave the trifles until quite cold.

Decorate the tops of the trifles with the remaining sultanas and some Mock Cream.

VARIATIONS.—The orange and ginger may be omitted and the custard flavoured with vanilla, almond, or banana flavouring essence. Other fruit may be used, such as dates, cut into small pieces, or stoned raisins, or the fruit may be omitted.

1946

CECILE'S COOKERY CORNER

CARAMEL BLANC-MANGE

A New Flavour For A Popular Dessert

Soften the gelatine in the cold water, and dissolve it slowly. Strain this into the caramel milk, stirring it in at the same time. Flavour with vanilla, and leave until beginning to set, then whisk well, before turning it into a mould, which has been previously rinsed with cold water.

Leave to set, then turn out, and serve

VARIATIONS

INSTEAD of moulding the mixture, it may be served in glasses or custard cups.

Other cold sweets can be made with the caramel base. Caramel Custard, served in custard glasses, or Caramel Trifle are equally delicious.

For the Custards.—After making the caramel, and re-dissolving it in the water, add the boiled milk gradually, then make a custard in the usual way with the caramel milk and custard powder.

For the Trifle.—Make this with sliced jam sandwich or Swiss roll and caramel custard.

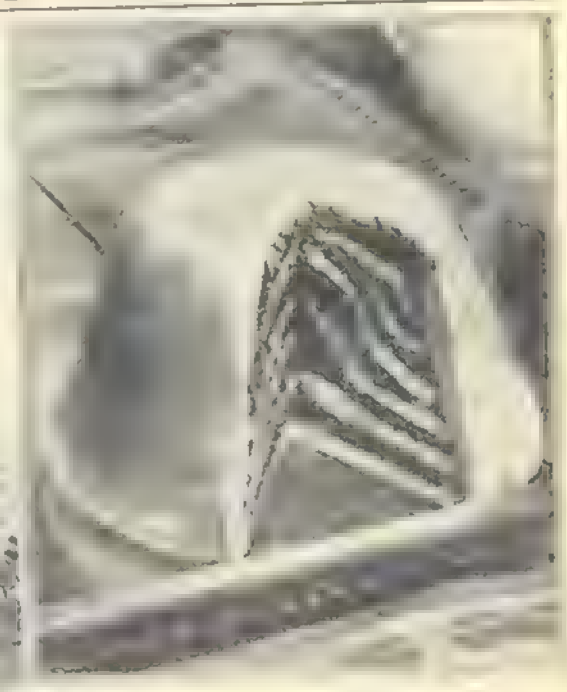
1946

CECILE'S COOKERY CORNER

Treacle Layer Pudding

THE INGREDIENTS

¾ lb. of self-raising flour; 3 ozs. of fat; ½ level teaspoonful of salt; 3½ level dessertspoonfuls of dried milk; ½ pint and 2 tablespoonfuls of water (approximately); 2 ozs. of black treacle and ½ lb golden syrup (or 10 ozs. of golden syrup); 2½ ozs. of breadcrumbs; 1 level teaspoonful of ground ginger; ½ level teaspoonful of ground cinnamon.

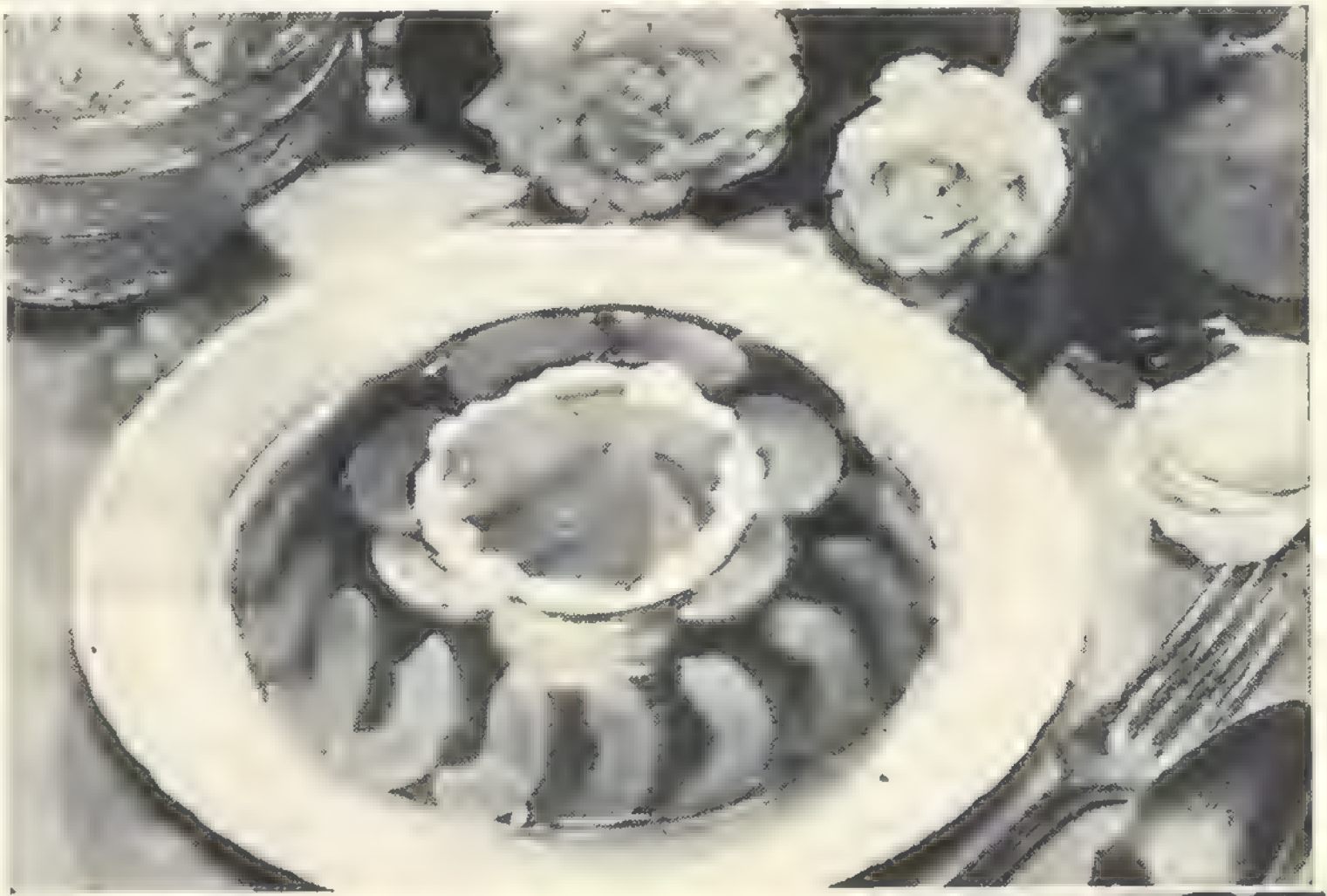


A Hot Pudding

To make the caramel.—Put the sugar into a small strong saucepan, add ... and dissolve ... then bring to ... stirring until ... brown, then ... the hot water ... gradually and, re-dissolve the ... heat, without ... ually. ... oil, then draw ... ared caramel

water to make a moderately soft dough. Take half the dough and roll to a round, ... one and a half times the size of the

SUMMER RECIPES THAT ARE DIFFERENT – FROM CÉCILE



★ FRESH APRICOT RING ★

And Little Individual Moulds - Such Deliciously Cool Sweets

¾ lb. of apricots
¾ pt. of water. 2 oz. of sugar
3 level dessertspoonfuls of syrup
½ greengage jelly square
A little whipped cream for decoration

MAKE a syrup with the syrup, sugar and water. Meantime halve and stone the apricots. Add these to the syrup and poach them very gently until they are tender but not broken, drain off the juice and leave the apricots to cool. Measure the juice and make it up to half a pint if necessary, then bring it to the boil and pour it over the half jelly square. Stir until it is dissolved. Allow the jelly to cool and almost set.

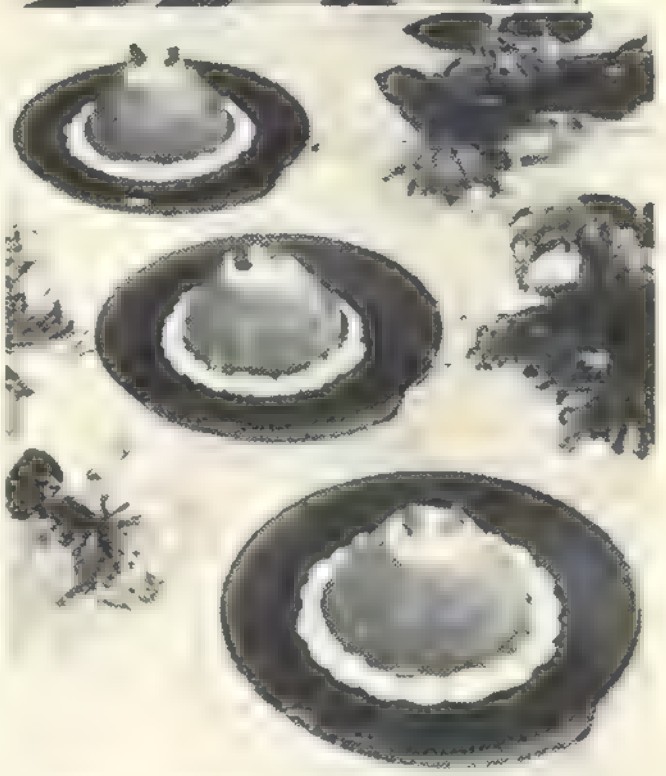
Rinse a six-inch ring mould with cold water then pour in a little of the jelly and run it round the inside of the mould so that it is coated with jelly. Slice the apricots and arrange slices round the mould, standing some slices up round the sides. Now fill the mould with the rest of the jelly and leave it to set.

Turn out the apricot mould and fill the centre with the remainder of the sliced apricots. Decorate with a little whipped cream.

APRICOT MOULDS

¾ lb. of apricots. ¾ pt. of water
3 level dessertspoonfuls of syrup
1 level dessertspoonful of apricot jam
½ lemon jelly square. 2 oz. of sugar
A little whipped cream and
3 small pieces of cherry for decoration

MAKE a syrup by dissolving the syrup, sugar and water then add the apricot jam, and bring to the boil. Meanwhile halve, and remove the stones from the apricots and when the syrup is boiling add them to it and simmer them gently until they are quite tender. They will take about fifteen minutes. Put the apricots and the juice through a sieve or beat them well with a wooden spoon to make the purée smooth. Measure the purée and make it up to half a pint with water, if necessary. Divide up the half lemon jelly square and add it to the purée, then put the whole into a pan and heat them slowly until the jelly is melted. Do not allow it to boil. Rinse three individual moulds in cold water then fill them up with the mixture. Leave the moulds to set overnight then turn them out when quite set.



Decorate the moulds with cream and glacé cherries

Doubled the measurements successfully — try with plums

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1953

PERFECT ENDINGS

They look more tempting if they are not too large.

CÉCILE'S COOKERY CLASS

HOME-MADE DOUGHNUTS

They Can Be Ring Shaped, Or Made Into Balls With Jam In The Centres

* * *

THE INGREDIENTS

8 oz. of flour. Pinch of salt
3 level teaspoonfuls of baking powder
2 oz. of castor sugar. 2 oz of margarine
1 egg. 4 tablespoonfuls of milk
Deep fat for frying

For The Coating

3 level dessertspoonfuls of castor sugar
1 level teaspoonful of ground cinnamon

SIFT the flour, baking powder and salt into a basin and rub the margarine into the mixture until it is of the consistency of fine crumbs. Stir in the sugar. Beat the egg slightly and add the milk to it. Pour this liquid into the centre of the dry ingredients and work the mixture together to make a fairly soft dough. Turn the dough on to a floured board and knead it very lightly.

Roll the dough to about a quarter of an inch in thickness and using a biscuit cutter two inches in diameter, cut out rounds. (You should have about nine.) Lift each round into the palm of your hand and make a hole in the centre as seen in the process photograph. Form the left-over scraps of dough into a roll like a long sausage and cut off pieces, in about three-inch lengths, making seven or eight little rolls.

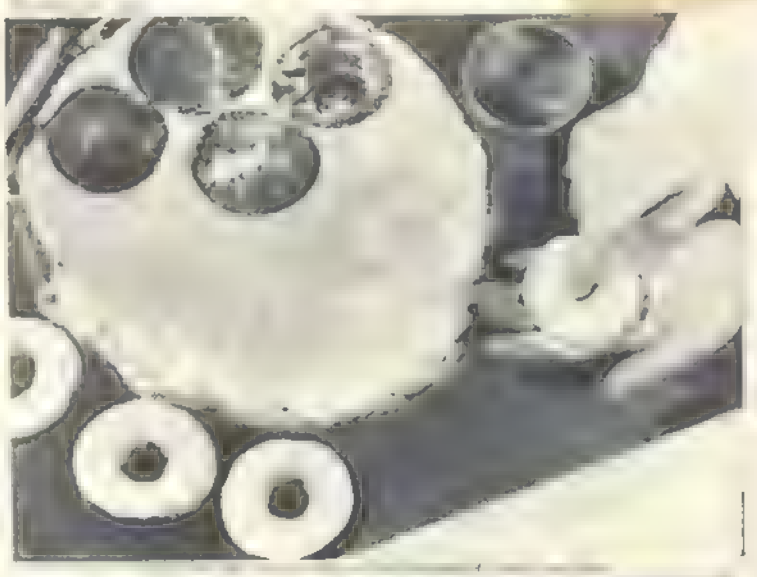
Have ready a pan of deep fat and heat it until a very faint haze rises from the surface. Drop in as many rings as the pan will comfortably hold and keep turning them while they are frying, until they are golden brown. It will take two or three minutes for the he to penetrate properly and cook t doughnuts through to the centre. H ready a tray or large plate with a wi tray standing over it and, as they a ready, lift the doughnuts out on to t wire tray to drain. Mix the castor sug and cinnamon together and toss t doughnuts in it after they have drain for a few seconds.

NOTE.—*If you wish to make ju doughnuts cut out rounds the same size described in the recipe, brush the edges one round with a very little water and pla a small teaspoonful of jam in the cent Put another round on top and pinch t edges well together. Fry these doughnu in the same way, though they will ta slightly longer to cook.*

DOUGHNUTS WITH YEAST

½ lb. of flour. 1 oz. of castor sugar
½ oz. of yeast. Pinch of salt
1½ oz. of margarine. 1 egg.
Deep fat for frying. ¼ pint of milk
Cinnamon flavoured sugar as before

Fried? Thought doughnuts were boiled. Only as a high-tea dessert treat on Sundays



Also fill with golden syrup and nuts or custard?

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MORE RULES OF EAT-IQUETTE

* * * * *

Considerate not to change one's clothes after sport, but could be unpleasant, too

1919

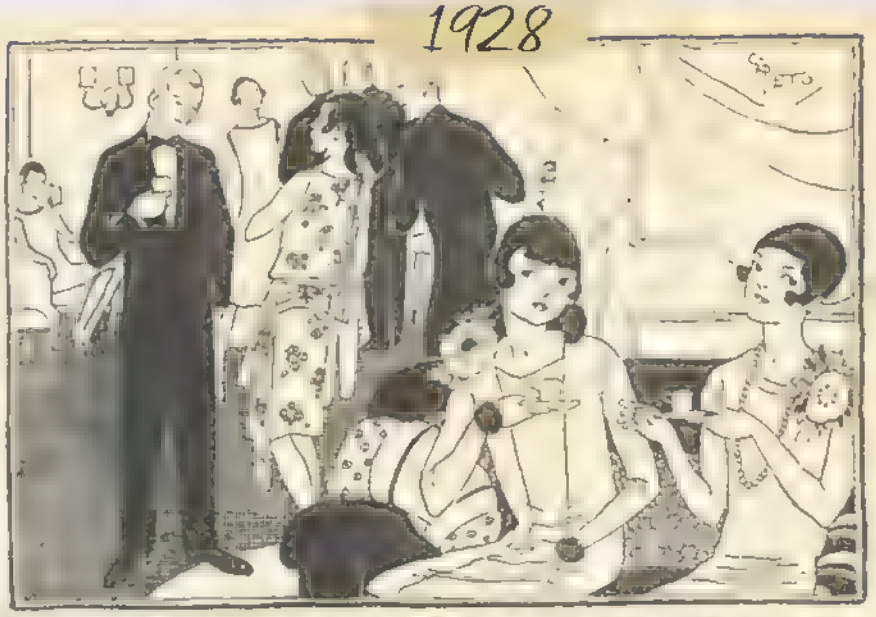
— ETIQUETTE —

WHEN you take your friend home to tea after playing hockey, do not change your jersey for an afternoon frock. Your friend cannot change her attire, and your doing so would only make her feel awkward.

* * * * *

The most important aspect of an enjoyable evening, I think, is that the company must be complementary. Remember how it all went so wrong at Rupert's. . .

1928



THE PERFECT HOSTESS !

She Is Natural And Unaffected—And She Sets The Conversational Ball Rolling

THE long winter evenings are upon us again. Tennis, picnics and excursions are all just memories. Instinctively we turn our thoughts to the home and the fireside. How best can we amuse ourselves ?

It is such fun to be a hostess. In a way there is no greater pleasure than that of seeing your sitting-room or house full of people who are happy and gay as your guests. And often because of shyness and lack of experience, or the feeling that your accommodation is too small or your purse too slim, you are afraid to venture into the realms of entertaining.

So, this winter, let us put our heads together and think of all the ways and means and ideas for jolly little parties !

The first thing for the hostess to remember is that the tastes and inclinations of the guests must always be considered. Very often, alas, one's own idea of a good time is not that of other people.

You personally may like dancing and detest cards. But if the majority of the guests vote for some cheery round game such as "Rummy," or even for the solemnities of whist or bridge, you must submerge your own taste and give in to the general desire !

And in a very short time you will find yourself quite converted to their way of enjoyment in the glorious knowledge that everything is going swimmingly.

As far as possible, guests should be invited with discrimination. It is extremely difficult to manage successfully a *mélange* of all ages, tastes and manners.

For an example, say that there are three people you want particularly to entertain. Don't invite another three haphazardly. Consider for a moment the character of the first three guests, and then use your imagination as to the kind of people they might want to meet and who would most entertain them.

INTRODUCING !

WHEN the people arrive, there are introductions to be made. If several are strangers to one another be very careful to announce their names very clearly.

Again, don't introduce two strangers, and leave them, high and dry, fidgetting and dumb-struck. Start the conversational ball rolling yourself by picking out a subject you know that one, anyhow, is interested in.

Sometimes a few descriptive words about the person concerned are most useful. For instance, "*I do want to introduce Mrs. Jones to you, Mrs. Smith. Her daughter, you know, won the Gold Medal at the Dumfries Art School.*" Or, "*Miss Bright, may I introduce Mr. Sud to you ? We all think Miss Bright is an expert at the Charleston. Do you remember——*" and so on, leading the conversation round to dancing, if you know it will be a subject in common. Then, when they are well away, you can wander unnoticed to chat to other folk.

A KIND OF GENERAL POST

SOME hostesses are terrified of leaving people alone even for a minute. The party turns into a kind of general post !

Like an anxious and restless hen, the hostess is perpetually breaking up little groups and scattering the hustled guests to different people and different chairs. This is a fatal habit. There is nothing so disconcerting as to be broken off in the middle of a sentence about rose-growing to find yourself on another sofa, trying to collect your wits about the latest play or a recipe for soup !

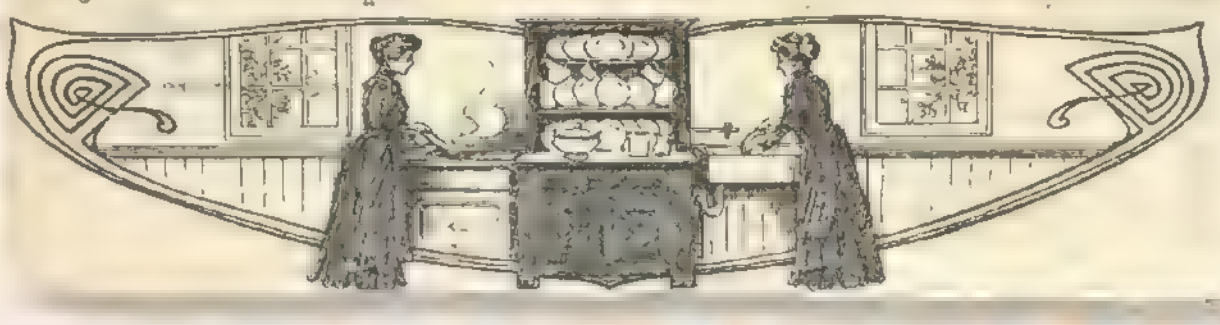
The guests get no time to make friends or enjoy anything or anybody. Do let people stay put as long as they seem contented and interested.

If you are striving to be a perfect hostess, be natural and unaffected. This, of course, is the most difficult of all advice.

Sometimes I have been to parties where the hostess' agony of mind was so apparent that all the guests caught the infection and tried to help her out. The result was that we were all on our best party manners all the time ! We were formal and stiff and so plaintively trying to look as though we enjoyed it, that we forgot completely to be amused at all. It was a dreadful strain !

1912

"My Best Recipe" — From Clever Housewives.



Madeira Cake.

Take six ounces of flour, quarter of a pound of castor sugar, and one teaspoonful of baking-powder. Mix well together. Rub in a quarter of a pound of lard, and pour on one beaten egg and a little milk in which half a teaspoonful of carbonate of soda has been dissolved; mix quickly, put in a greased tin, and bake for about three-quarters of an hour.—Mrs. Tromlett, Devon.

CAKES, BISCUITS and other baked goodies

If I had a shilling for every success I've had with one of these wonderful recipes, I'd be a rich lady indeed!

1919

Home Baked Scones.

Little tea scones are so quickly and simply made that no table should be without them, especially if it happens to be a children's party.

WHITE TEA SCONES.

A very little nutmeg grated into the dry ingredients gives a flavour many are partial to.

Eight ounces of flour, half an ounce of sugar, half a teaspoonful of cream of tartar one ounce of margarine, a quarter of a teaspoonful of baking soda, a pinch of salt, about a gill of milk or milk and water.

WEIGH the flour carefully, and rub in the margarine with the finger-tips until all is fine as breadcrumbs. Add all the dry ingredients, and stir thoroughly well. Add enough milk to form a light, elastic dough. Turn this on to a floured board and knead with the hands until it is quite smooth. Roll it then into a round and cut into eight or more even-sized scones. Lay these on a greased tin, and bake in a very quick oven for from eight to ten minutes. The tops should be lightly brushed over with milk.

AMERICAN CURRANT SCONES.

Sultanas or stoned and chopped raisins can be used here instead of currants.

Eight ounces of flour, one ounce of currants, half an ounce of sugar, milk to mix, one ounce of margarine, a small saltspoonful of salt, half a teaspoonful of cream of tartar, a quarter of a teaspoonful of bi-carbonate of soda, a very little grated lemon-rind.

RUB the fat thoroughly into the flour till quite fine. Clean the fruit, and add it with all the other dry ingredients. Mix all well with a wooden spoon. Stir to a soft dough with milk. Turn this on to a floured board and knead it lightly. When smooth and thoroughly well mixed roll it into a cake about an inch or less in thickness. Press out small scones with a plain or fluted cutter. Bake on a well-greased tin for ten minutes in a very hot oven. Serve either hot or cold. A little good dripping can be used with the margarine to make up the same quantity of fat.

HOT GIRDLE SCONES.

These can also be baked in the oven, with excellent results.

Six ounces of flour, a pinch of salt, one ounce of margarine, a little milk, one small egg, one ounce of sugar, half a teaspoonful of cream of tartar, half a teaspoonful of bi-carbonate of soda.

RUB the fat well into the flour. Add the salt and mix the beaten egg with a little milk. Form the mixture into a smooth, thick batter with milk, and stir in the sugar. Dissolve the soda and the cream of tartar in separate cups in a little milk. Add them to the batter, and mix thoroughly well with a wooden spoon. Heat the girdle and rub it over with a piece of suet. Drop the batter on it in spoonfuls. When set and cooked on one side turn them and cook on the other. Tin rings can be used to advantage. These are rubbed with fat and placed on the girdle. The batter is then dropped into them. This plan, of course, will keep the scones in good shape. A little fine sugar may be sifted over them when cooked and cooled.

SOUR MILK SCONES.

A little fine oatmeal added to white flour to make up the quantity given will make a very tempting scone.

Eight ounces of flour, a pinch of salt, one teaspoonful of cream of tartar, half a teaspoonful of bi-carbonate of soda, one and a half ounces of margarine, half to three-quarters of an ounce of sugar, one ounce of currants, about half a pint of sour milk.

ADD the salt, soda, and cream of tartar to the flour, and mix thoroughly. Rub in the fat well. If necessary, warm it slightly to soften it, but be careful not to make it oily. Add the sugar and prepared fruit, and mix well. Stir in the milk until a good stiff mixture is obtained. Turn this on to a floured board, and mix it well with the fingers. Roll it out to a round, divide in four, and again into eight if liked. Bake in a hot oven for about fifteen minutes. When baked, brush the tops with milk and sift a little sugar over them. Serve either hot or cold.

TEMPTING BROWN SCONES.

If preferred, less wholemeal can be used here.

Six ounces of wholemeal, two ounces of white flour one teaspoonful of baking-powder, a pinch of salt, one ounce of margarine or lard, milk or milk and water to mix, a little grated nutmeg.

MIX the white flour and the wholemeal, and add the salt. Stir together, then rub in the fat very thoroughly. Add all the dry ingredients and mix well. Add sufficient liquid to form a stiff dough. Turn this on to a floured board and roll it out quickly. Stamp out the scones (about half an inch thick) with a small, plain cutter. Bake for from ten to fifteen minutes in a hot oven. Either hot, split and buttered, or served cold, these are very tempting and wholesome.

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1926

JANUARY 9, 1926

* Make sure the brown sugar is properly soft before using

IN THE KNOW

Trench cake was made with cocoa and currants and sent by womenfolk to soldiers during the First World War. Not only was it a change from meagre rations, it provided a taste and precious memory of home.

Just a scant spoon of cream of tartar. A little mixed peel is nice in there, too

New Year— New Cakes

Some recipes from Cecile which you will enjoy trying out

CREAMY TOFFEE CAKE

Six ounces soft brown sugar
Six ounces margarine
One egg and one extra yolk
One lemon (rind only)
Half pound flour
Quarter flat teaspoonful carbonate of soda
Milk

Creamy Toffee Icing

Six ounces soft brown sugar
One egg white
Half gill water
Pinch of cream of tartar

SIEVE the flour with the carbonate of soda. Grate the lemon-rind finely, and add.

Beat the sugar and fat to a cream. Add the egg, stir it in quickly, and beat well for a few minutes, then stir in the yolk and beat again.

Add the flour gradually, and mix all together lightly, adding some milk as required.

Have ready a cake tin, greased and lined with greased paper.

Turn the mixture into it, and put into a moderately hot oven to bake.

It will take about three-quarters or an hour. Test in the usual way with a warm iron skewer before taking it up.

When cooked, turn out and leave on a sieve until cold.

To Make the Icing

PUT the sugar and water into a saucepan and dissolve slowly, add the cream of tartar, then bring to the boil, and boil until it resembles a soft ball.

To test it, drop a little into cold water and leave for a few seconds, then lift out and roll between your fingers. If ready, it will form a soft ball.

Have ready the white of egg, whisked up stiffly, gradually stir the prepared syrup on to it, and beat well until it thickens.

To Ice the Cake

STAND the cake on a rack over a dish, pour over the icing and coat evenly

Place a square of creamy toffee in the centre, if liked.

Leave until the icing is set, then lift on to a plate.

LEMON MERINGUE SANDWICH

Three ounces castor sugar
Three ounces margarine
Three ounces flour
One egg
One flat teaspoonful baking powder

For Top of Sandwich

Lemon cheese
Half egg white
One dessertspoonful castor sugar

Filling

Three ounces icing sugar
One and a half ounces butter
One lemon

BEAT the sugar and fat to a cream. Add the egg, stir it in quickly for a few minutes.

Sieve the flour and baking powder and stir in, adding just a little milk as required.

Mix together lightly, put into a greased sandwich tin, and bake in a hot oven for about ten to fifteen minutes.

When cooked, place on a sieve and leave until cold.

To Make the Filling

ROLL the lumps out of the icing sugar, and rub it through a fine sieve.

Add the butter and beat both to a cream.

Finally, grate the lemon-rind and stir in with just a little of the juice, but do not make the mixture too moist.

Split the cake into halves, spread a layer of the principal filling over it, and sandwich together again.

To Prepare the Meringue and Decorate the Sandwich

BEFORE dividing an egg white it must be beaten slightly.

Take the half you are going to use, and whisk to a very stiff froth, then gradually fold in the castor sugar.

Put this into an icing bag, with a rose tube fixed in the end of it, and force out as much as required on to a *slightly buttered* tin, forming a small round shape, then place in a *cool* oven to dry for about half an hour, but do not brown.

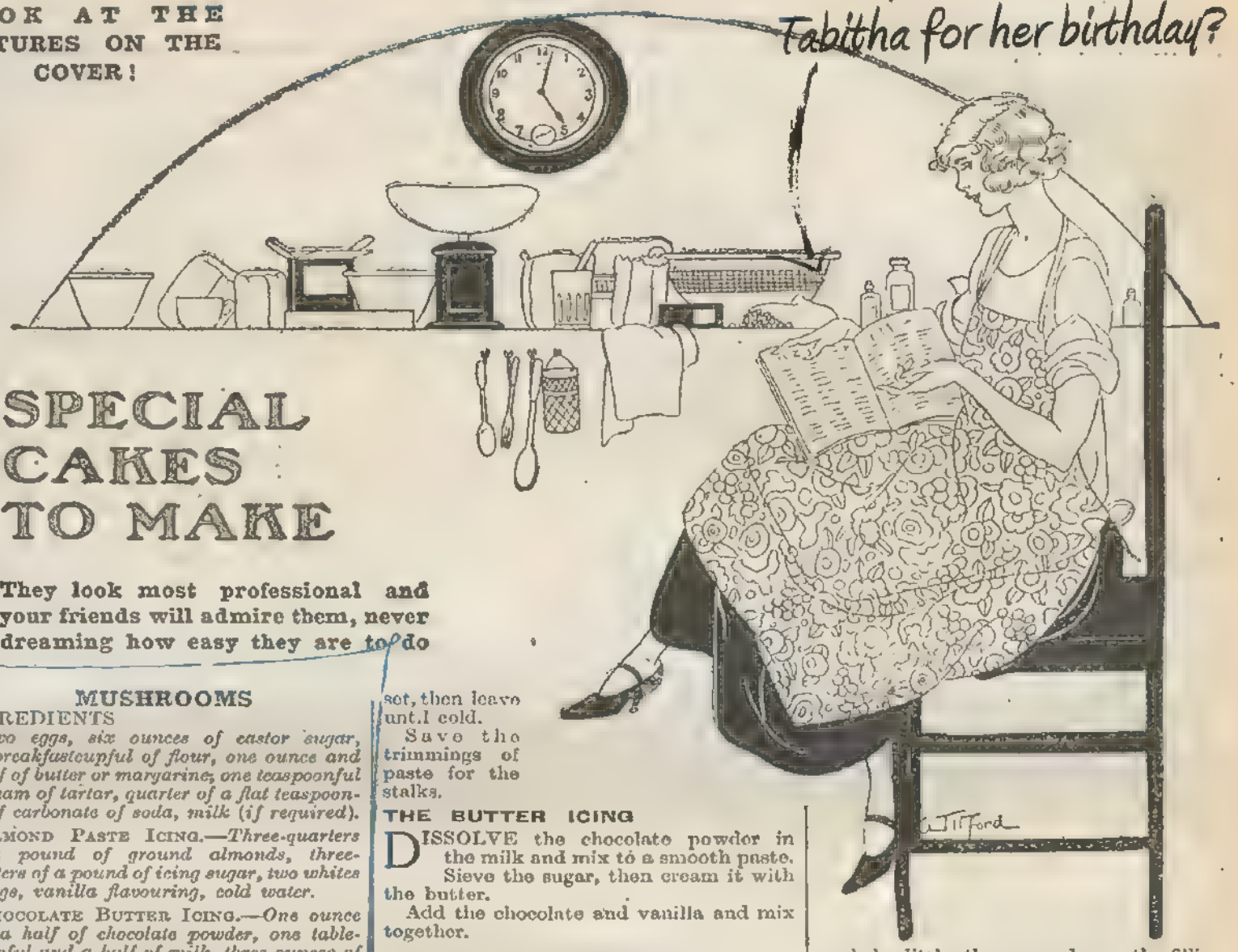
Spread a little lemon cheese on top of the sandwich, in the centre, and place the prepared meringue decoration over it.

We are sorry that the recipes on these pages are reproduced for interest only and we cannot guarantee the results of using them

Could also make other vegetables in cake form

Nice apron — make for Tabitha for her birthday?

LOOK AT THE PICTURES ON THE COVER!



SPECIAL CAKES TO MAKE

They look most professional and your friends will admire them, never dreaming how easy they are to do

MUSHROOMS

INGREDIENTS

Two eggs, six ounces of castor sugar, one breakfastcupful of flour, one ounce and a half of butter or margarine, one teaspoonful of cream of tartar, quarter of a flat teaspoonful of carbonate of soda, milk (if required).

ALMOND PASTE ICING.—*Three-quarters of a pound of ground almonds, three-quarters of a pound of icing sugar, two whites of eggs, vanilla flavouring, cold water.*

CHOCOLATE BUTTER ICING.—*One ounce and a half of chocolate powder, one tablespoonful and a half of milk, three ounces of butter, seven ounces of icing sugar, vanilla.*

METHOD

GREASE about ten or twelve small cake-tins. Whisk the eggs and sugar together until they are quite thick and creamy. Sieve together the flour, soda, and cream of tartar.

Melt the butter. Be careful not to overheat it.

Fold the flour into the eggs and sugar, together with the melted butter. Mix lightly; add about a tablespoonful of milk if required.

Put a small quantity into each tin, and bake in a hot oven for about twelve minutes until spongy.

Place on to a sieve to cool.

THE ALMOND ICING

SIEVE the icing sugar and mix with the ground almonds. Lightly beat up the whites of eggs, and add about three parts to the almonds, etc.

Mix together to a stiff paste. Flavour with a few drops of vanilla.

A little cold water can be added if necessary.

Turn on to a pastry-board dusted with icing sugar, and knead the almond paste until smooth. Roll it out until quite thin.

If the cakes have risen to a point cut the tops level.

Brush over the sides and bottoms with the remainder of the white of egg.

Cut the almond paste into rounds and stand a cake on each. Then mould the paste round the cake, leaving the tops uncovered.

Trim off the rough edges.

Place the cakes in a warm oven for twenty minutes, for the almond paste to set, then leave until cold.

Save the trimmings of paste for the stalks.

THE BUTTER ICING

DISSOLVE the chocolate powder in the milk and mix to a smooth paste. Sieve the sugar, then cream it with the butter.

Add the chocolate and vanilla and mix together.

TO ICE THE CAKES

FIX a rose tube on to an icing-bag. Put the chocolate icing into the bag and force it on to the top of the cakes, starting from the centre, to the almond paste edge, in straight lines until the tops are covered. Mould the remainder of the almond paste into thick stalks, and stick one in the centre of each mushroom.

Serve on a lace paper.

CHOCOLATE ROLL

INGREDIENTS

Three ounces of flour, three ounces of chocolate powder, half a gill of milk, two eggs, three ounces of castor sugar, half a teaspoonful of baking-powder, vanilla flavouring, two ounces of margarine.

FILLING.—*Four ounces of icing sugar, two ounces of butter, vanilla.*

METHOD

GREASE a baking-sheet and line with greased paper. Dissolve the chocolate in the milk and mix to a smooth paste. Sieve the flour and baking-powder. Beat the sugar and margarine to a cream. Add one egg, stir it in briskly, and beat well for about five minutes. Then add the other, and beat again as before. Mix in the chocolate and milk, and flavour with vanilla.

Lastly, fold in the flour and baking-powder, mix lightly, and spread evenly over the prepared baking-sheet. Bake in a hot oven for about eight or ten minutes until it feels spongy. Have at hand a sheet of paper sprinkled with icing sugar.

Turn over the chocolate sponge on to the paper, quickly remove the greased paper, and cut off the outside rim all round the sponge. Wait until the sponge has cooled a little, then spread over the filling, not quite to the outside edges.

Roll up evenly and stand on a sieve.

NOTE.—*The filling must be ready by the time the sponge is cooked. The cake will crack unless rolled before cold.*

TO PREPARE THE FILLING

SIEVE the icing sugar. Add the butter, and mix together to a cream.

Flavour with vanilla.

ORANGE LAYER CAKE

INGREDIENTS

Three eggs, seven ounces of margarine, half a pound of castor sugar, three-quarters of a pound of flour, one teaspoonful of baking-powder, milk if required.

FILLING.—*Two or three oranges (according to size), one gill of water, two ounces of flour, one ounce of butter, whites of two eggs, quarter of a pound of castor sugar.*

ICING.—*Ten ounces of icing sugar, half a gill of orange-juice.*

METHOD

GREASE a round cake-tin, and line with greased paper to come above the tin. Sieve the flour.

Mix the baking-powder with about one tablespoonful of flour and set aside.

Separate the yolks from the whites of eggs.

Beat the fat and sugar to a cream.

Whisk the whites to a very stiff froth.

Beat up the yolks, and briskly stir half into the creamed fat and sugar.

Beat well, then stir in the remainder.

Beat again for ten minutes.

Fold in the flour, also the whisked whites (very lightly).

Lastly add the baking-powder, and, if required, a little milk.

(Continued Overleaf)

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1930

SPONGE

SO many interesting dishes can be made with sponge cakes, whether they are home-made or bought ones. The latter can be obtained in various shapes and sizes, which adds still further interest to your sweets. Here are a few suggestions for using them, and also a recipe for home-made sponge.

SPONGE CAKES

Two eggs
Their weight in castor sugar
Three ounces of flour

WHISK the eggs and sugar in a basin until thick and creamy and free from dark streaks. Lightly fold in the flour, previously sifted.

If the mixture seems too thick, stir in a dessertspoonful of water or lemon juice.

Grease your tins sparingly, and coat with a mixture of castor sugar and flour (using equal quantities of each), then shake out the loose flour.

Half fill the tins, and bake till golden and spongy.

SPONGE TARTLETS

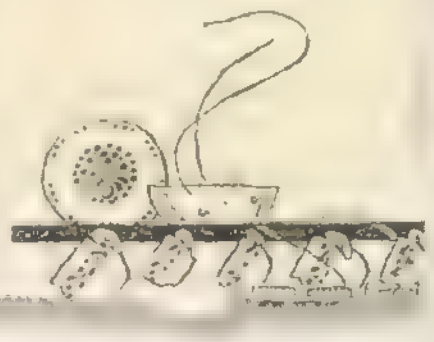
Flaky pastry
One egg
Two sponge cakes
One and a half ounces of margarine
One ounce of castor sugar
Jam

ROLL out the pastry thinly, stamp into rounds, and line small cake tins.

Put just a very little jam in the bottom of each.

Beat the sugar and fat to a cream, add the yolk of the egg and beat well. Stir in the sponge cakes—crumbled finely by rubbing them through a sieve.

Lastly, whisk the egg white to a stiff froth and fold in lightly. Put a little of the mixture into each



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Use banana and walnut filling in a larger walnut cake and in pancakes

1934

...e The Best Cake-Maker In Your Circle!

Cecile's Cake-Making Lessons

Banana and Walnut Cup Cakes

These Will Be New To You—And You Will Enjoy Them!

Two bananas (medium size)
Two ounces of shelled walnuts
Rind of half a lemon
Quarter of a pound of flour
One level teaspoonful of baking powder
Three ounces of castor sugar
Two ounces of butter
One egg
Four ounces of icing sugar
Three teaspoonfuls of moderately hot water
Vanilla flavouring
Cochineal

FOR these cakes use small paper baking cases, which are very inexpensive and require no greasing. Separate the cases and place on a baking sheet. (You will require about fifteen cases.)

Peel the bananas and mash them up as finely as possible. Pick out fifteen whole walnuts and put aside for the top of the cakes, and chop up the remainder.

Beat the sugar and fat to a cream, add the egg and stir quickly until the mixture is smooth.

Add the finely grated lemon rind, mashed bananas and chopped nuts, and stir in the flour, sifted with the baking powder.

Mix all together lightly, then drop into your baking cases, filling them to only half their capacity. Put them into a fairly hot oven to bake. They will take about fifteen minutes.

THE ICING

RUB the icing sugar through a hair sieve, and mix to a fairly stiff paste with the water. Flavour it with vanilla and tint to a very pale shade with cochineal.

When the cakes are cold, drop a very small quantity of icing in the centre, and top each with a shelled walnut.

WHERE YOU GO WRONG

YOU put too much cake mixture into the cases and they rise over the edge.

YOU make the icing too moist, and it covers the top instead of only the centre.

BANANA AND WALNUT FILLING

One ounce of shelled walnuts
One medium-sized banana
Two ounces of butter
Five ounces of icing sugar
Vanilla flavouring

PUT the walnuts through the mincer. Peel and mash up the banana. Rub the icing sugar through a fine sieve.

Beat the butter to a cream with half the sugar, then add the remainder of the sugar and beat again until creamy.

Stir in the minced walnuts and mashed banana. Mix well, and add vanilla flavouring to taste.

** Weight with shells on. Grated rind of lemon/orange simple and good*

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1934

MADELEINES

These Consist Of A Light, Spongy Mixture Baked In Small Castle Moulds. The Outside Coating Is Jam And Coconut

Bake for 15 minutes for best results. Wonderful idea to use large and small moulds to make different sized cakes

IN THE KNOW

In the 1920s, the National Confectionary Industry began advertising ingredients to encourage home baking. So successful was this move, the 1930s were known as 'the time of cake'.

1939

Good Honest Gingerbread With Marshmallow !

An Old Friend In A New Dress!

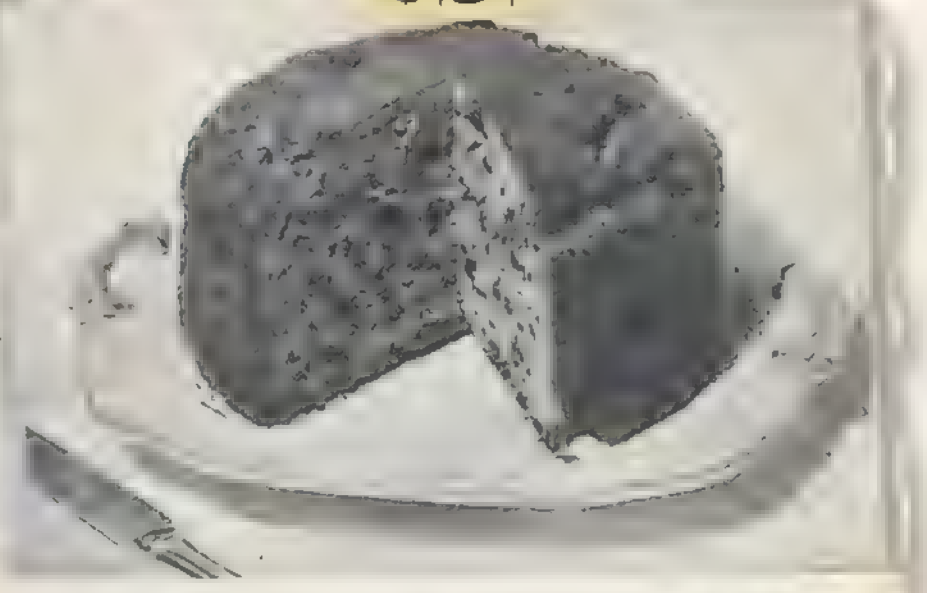
1939

SILVER CAKES

Covered With Icing And Sprinkled With Silver Balls

Breadcrumb consistency very important for the mixture

1939



FARMHOUSE CAKE

The Second Lesson In Our New Series For Those Who Give Nice Little Tea Parties.

Ingredients :

One pound of flour
Half a level teaspoonful of carbonate of soda
Six ounces of dripping
Half pound of currants
Half pound of raisins
Half pound of sugar
Half a nutmeg
Two eggs
Some milk to moisten

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1939

Cake Making For The Young Bride

BUTTERFLY CAKES

Let Cecile Help You To Be The Best Cook In Your Little Circle

Next Week Cecile Will Tell You How To Make Biscuits In Fancy Shapes.

Ingredients :—

THE CAKES

Three and a half ounces of flour
Half an ounce of cornflour
One level teaspoonful of baking powder
Grated rind of half an orange
Two and a half ounces of margarine
Three ounces of castor sugar
One egg
About one tablespoonful of milk
Jam

THE BUTTER ICING

Five ounces of icing sugar
Two ounces of fresh butter
About three to four teaspoonfuls of orange juice

GREASE nine deep tartlet tins.

Sift the flour with the cornflour and baking powder.

Beat the sugar and fat to a very soft cream. Add the egg and stir quickly for a few minutes, until the mixture is quite smooth.

Wipe the orange and finely grate half the yellow rind. Stir this in, adding gradually the flour and cornflour and some milk to moisten. Mix together lightly.

Divide the mixture equally between your greased tins, then place on a baking sheet and put into a fairly hot oven to bake. About fifteen minutes should be sufficient time to allow.

When putting the mixture into the tins, slightly hollow out the centre, so that the cakes may be level when baked.

When cooked, turn out and leave to cool.

TO MAKE THE ICING

RUB the icing sugar through a hair sieve. Beat the butter to a soft cream, then gradually beat in the sifted sugar, adding the strained orange juice by degrees as required, to moisten.

TO ICE THE CAKES

CUT a very thin slice off the top of each cake, cut it in halves, and place on one side for a moment.

Spread the top of the cakes with jam. Put the prepared icing into a pump or bag with a star pattern tube affixed, and force a line of icing across the centre of each cake. Stick the halved slice into this, arranging the two pieces as shown in the picture.

To keep the wings in place, force some icing in on either side. Dust the cakes with icing sugar.

Variations

THE orange rind may be omitted and the cakes flavoured with vanilla essence. In this case, omit the orange juice from the icing and flavour it with vanilla, adding a little cream to moisten.

You can make these cakes into baskets by arranging a handle of angelica over the top.

To prepare the handles, soften some angelica in hot water, then cut strips the required length and bend until pliable.

Make a hole each side with a skewer and stick the ends of angelica into these.

Novel — and a delightful, result. Try the angelica basket handles

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Cousin Lucy's useful fact at tea, Nov 8 1945: Shakespeare mentions flap-Jacks, in Pericles, Prince of Tyre

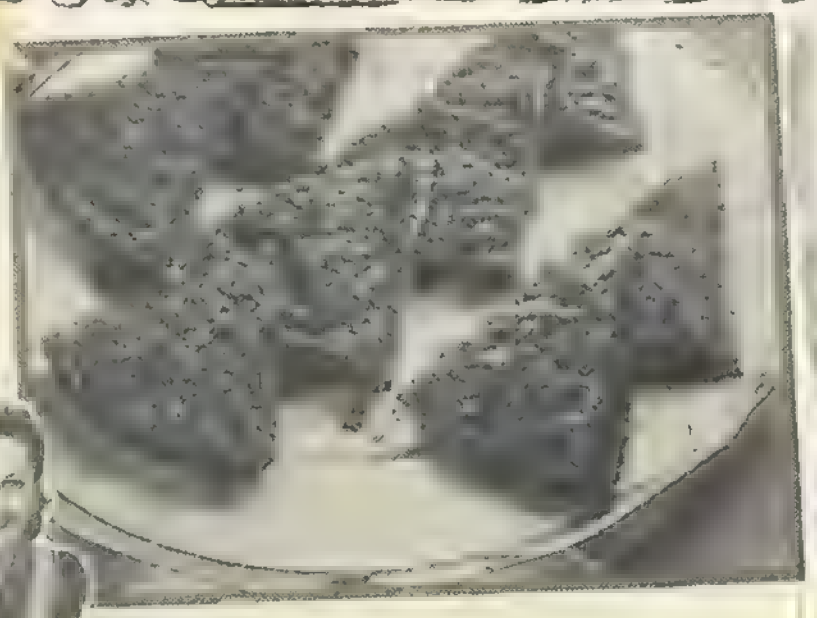
**Allow time

Lots of folding and layering for these — worth the effort

1945

CÉCILE'S COOKERY CORNER

They Are Quickly Made And So Delicious



Chocolate Flap-Jacks

THE INGREDIENTS

- 3 level dessertspoonfuls of cocoa
- 1 ounce of margarine
- 4 ounces of quick cooking oats
- 4 ounces of golden syrup

MY METHOD

GREASE a small sandwich tin, about five and a half inches in diameter.

Measure the golden syrup and margarine into a saucepan, and warm slowly until melted, then remove from the stove.

Mix the cocoa with the quick cooking oats, stir it into the melted margarine and syrup, and mix all together, then turn it into the greased tin and spread evenly.

Put it into a moderate oven to bake, about nineteen to twenty minutes should be sufficient time to allow.

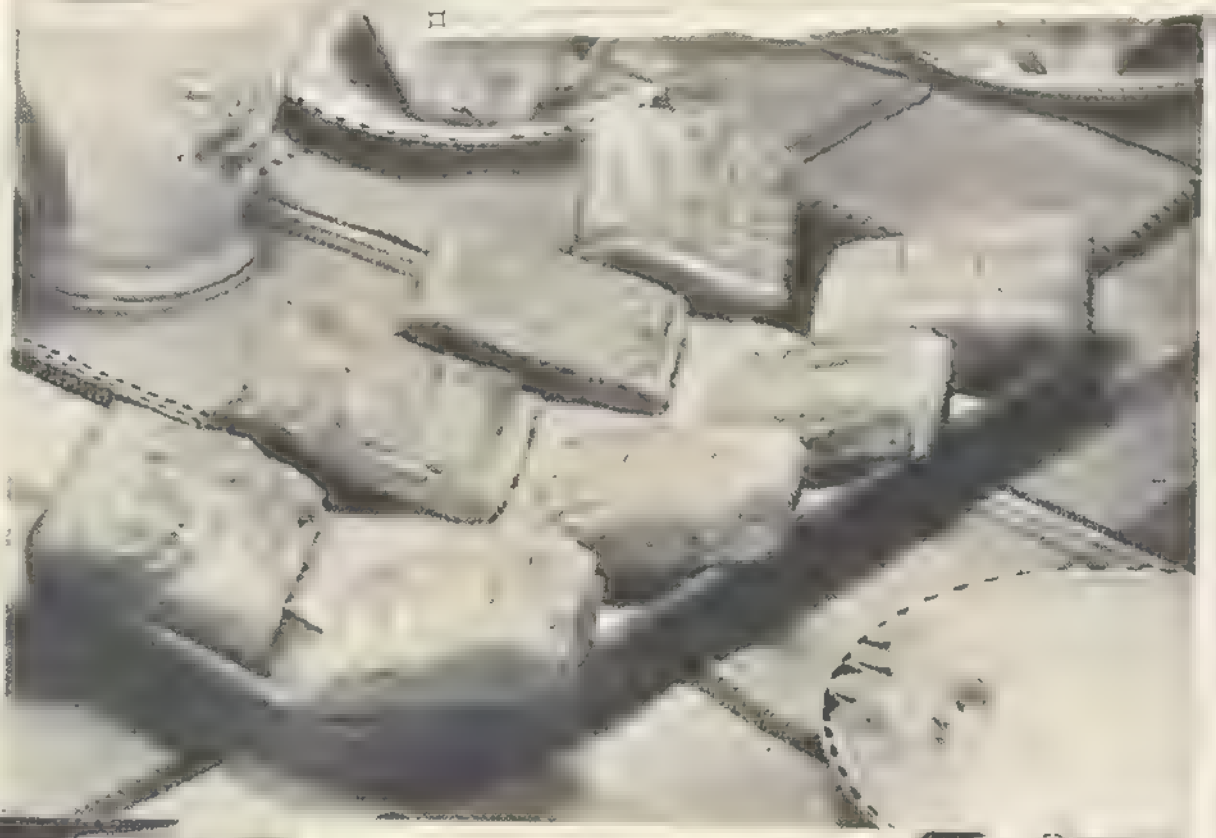
When cooked, let it cool for two or three minutes, then cut it into six portions in the tin, and leave until cold, before removing them from the tin.

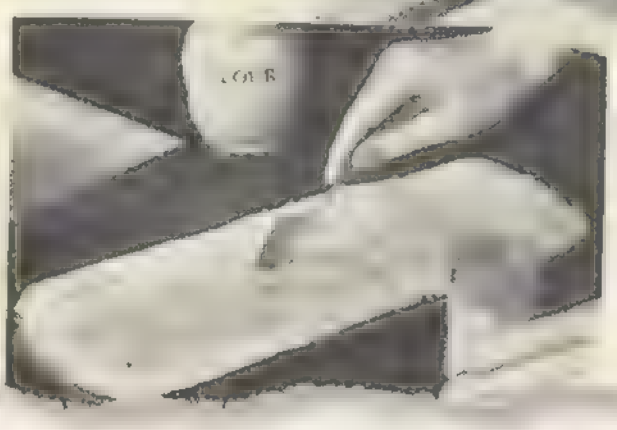
1946

CÉCILE'S COOKERY CORNER

LARDY CAKES

Something Different To Make For Tea They Are Specially Good When Freshly Baked





THE INGREDIENTS

- ½ lb. of flour
- ½ level teaspoonful of sugar
- ½ level teaspoonful of salt
- Barely ½ pint of lukewarm water
- 2 ounces of lard or cooking fat
- 2 ounces of sugar
- ½ level teaspoonful of ground cinnamon
- ½ ounce of yeast

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Just like Amélie's croissants

CÉCILE'S COOKERY CLASS

Home-made ROLLS

To Be Economical Make Them The Day Before They Are To Be Eaten

THE INGREDIENTS

1 lb. of flour
½ ounce of yeast
1 teaspoonful of sugar
½ ounce of fat
1 level teaspoonful of salt
½ pint of milk and water

SIFT the flour into a basin with the salt, and put the yeast into a small basin with the sugar.

Put the fat into a pan, and heat slowly until it is melted, then add the milk and water, and heat until lukewarm

Mix the sugar and yeast together until they become liquid, add the lukewarm milk and melted fat, then strain it into the flour, and mix it all together. Beat it until the dough is smooth, then cover the basin with a cloth, and leave it to stand in a warm place, until the dough rises to twice its bulk.

When it is ready, turn the dough on to a floured board and divide it into two portions.

Roll out one portion into a large round, about twelve or thirteen inches in diameter. Cut this circle across each way, dividing it into quarters, then divide each quarter into three, making twelve triangular-shaped pieces. Then roll up each triangle, beginning at the wide end.

Place them on a lightly greased baking sheet, leaving a space between each roll, then roll out the remaining portion of dough, and cut and shape as before. This quantity should make altogether two dozen rolls.

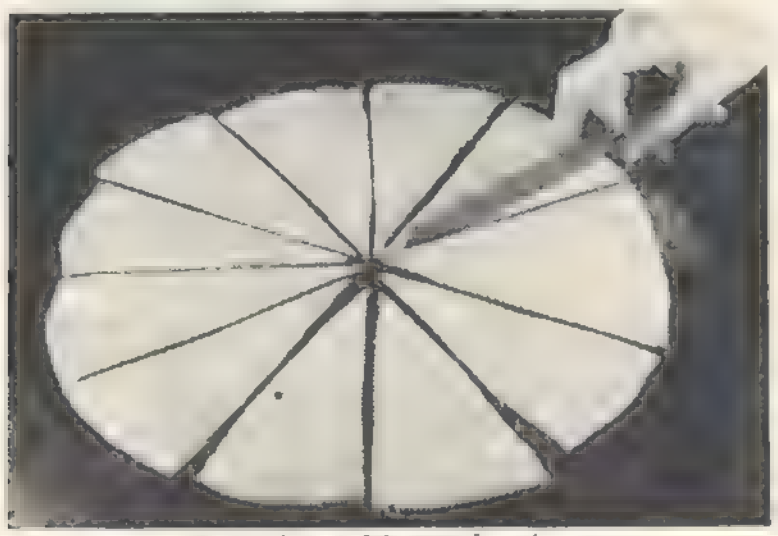
Let them stand in a warm place until they rise well, then put them into a hot oven to bake About ten to fifteen minutes is sufficient time to allow.

VARIATIONS

The dough may be turned into a loaf tin, instead of being made into rolls.

To make a fruit loaf, add a few sultanas to the given ingredients, and one ounce and a half of sugar.

The fat may be omitted.



Cut each round into twelve pieces.

Roll up each triangle from the wide end

Bake double — impossible to be economical with them!

Can buy ready-made sponges to save time

Cécile's Cookery Class

DAINTY SPONGE BASKETS

They Have A Filling Of Jam And Cream

With their little green handles, the cakes look very attractive.

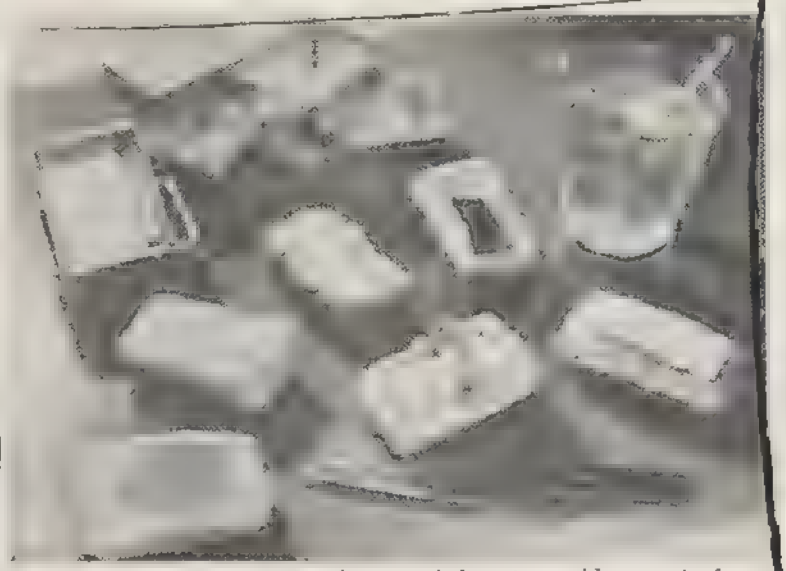
THE INGREDIENTS

2 ozs. of flour. 2 eggs
1 level teaspoonful of baking powder
3 ozs. of castor sugar

For the Filling

Strawberry jam
¼ pt. of synthetic cream
A few drops of vanilla
1 level teaspoonful of castor sugar
6 strips of angelica, four inches long and a quarter of an inch wide, for the handles

Six sponge cake tins, three inches by two and a half, and one and a half inches deep, will be required for baking the baskets. If oblong tins are not available, small cake tins of any shape may be used.



When the sponge cakes have cooled, cut an oblong out of the top of each one.

MAKING THE SPONGES

BRUSH the tins thoroughly with melted fat and dust them with flour. Light the oven so that it will be moderately hot when the mixture is ready to go into it. (Regulo Mark 6 or 400 degrees.)

Sift the flour and baking powder and put it in a warm place ready to be added to the mixture. Beat the eggs and sugar in a bowl suspended over a pan of hot, not boiling, water. (The bowl should not actually touch the water.) They should be beaten for about ten minutes or until the mixture is quite thick and creamy. Fold in the sieved flour and baking powder very lightly and half fill each tin with the mixture.

Put the cakes straight into the oven and bake them for ten minutes at 400 degrees or about Regulo Mark 6, then reduce the heat for three or four minutes to 350 degrees (about Regulo Mark 4), or until the sponges are slightly falling away from the edge of the tins and are quite firm to the touch. Turn them out of the tins and cool them on a wire tray.

FILLING THE CAKES

AFTER the sponge cakes have cooled cut a rectangle out of the top of each, leaving a half-inch rim all the way round. Hollow out the centres and half fill them with strawberry jam.

Whip the cream stiffly and add the sugar and vanilla essence and pipe it into the baskets through an icing gun with a fancy pipe attached.

Soak the strips of angelica in warm water for a few minutes to make them pliable. Bend them to form handles and place them on to the baskets at either side of the cream.

NOTE.—Instead of jam any fresh fruit may be used for filling the baskets.

Sometimes suitable sponge cakes can be bought at the bakers, which often helps when rations are short.

To be extra decorative the cakes may also be coated with jam and rolled in desiccated coconut.

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1953

BAKING

A SPECIAL RECIPE FOR CÉCILE'S COOKERY CLASS

CHOCOLATE CREAM ECLAIRS

The Most Delightful Of All Tea-Time Treats—Don't They Look Good ?

The Choux Pastry

2 oz. of margarine — ¼ pt. of water
2½ oz. of flour — 2 eggs

For The Filling

¼ pt. of double cream — 1 egg white

For The Icing

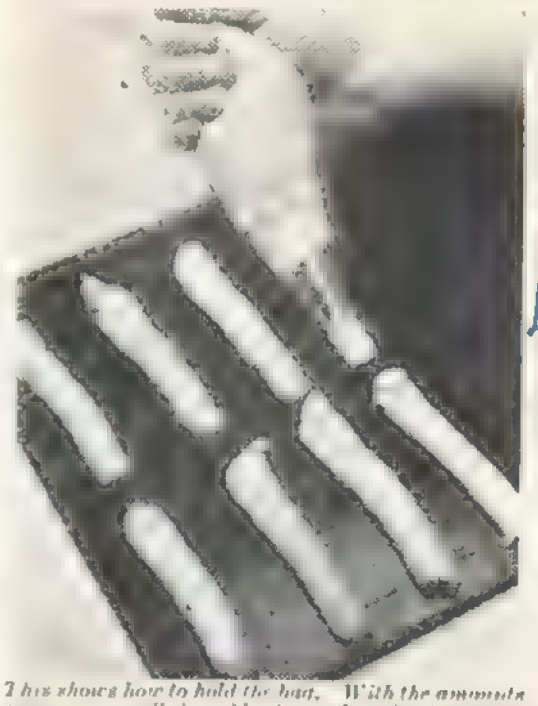
4 oz. of sieved icing sugar
2 oz. of plain chocolate
2 dessertspoonfuls of water

FIRST make the choux pastry. Weigh the flour and margarine carefully and sift the flour on to a small piece of kitchen paper. Measure the water and put it into a medium sized saucepan. Add the margarine and heat gently until the margarine melts. Bring the mixture to a rapid boil, take the pan off the heat and immediately tip in the flour from the paper and beat the mixture vigorously with a wooden spoon until it is just smooth enough to leave the sides of the pan (overbeating at this stage will make the margarine separate from the mixture).

The flour must be added immediately the liquid boils as if it is left boiling the proportions will be changed. The flour must be beaten immediately and briskly in to make the mixture smooth.

After these swift processes the mixture may be left to cool slightly. Beat one of the eggs into a cup, then add it to the mixture and beat very thoroughly until it looks glossy and shiny. Beat the other egg into the mixture in the same way.

Fill a forcing bag, to which a round pipe half an inch in diameter has been attached, with the mixture and pipe the éclairs on to a baking tray which has been well greased. Make each about three inches long. The process photograph shows how to hold the bag so that the mixture is pressed in the right direction.



This shows how to hold the bag. With the ammunts given you will be able to make about sixteen éclairs.

Bake the éclairs fairly near the top of the oven, with the heat at 350 degrees or about Regulo Mark 4, then after five minutes raise the temperature to 375 degrees or about Regulo Mark 5. After another five minutes raise the temperature again to 400 degrees or about Regulo Mark 6 and continue cooking at this temperature. They will take about another fifteen minutes after this. When they are ready they should be firm and well risen. Cool them on a wire tray. When the éclairs are cold cut along one side of each and with the handle of a teaspoon remove any soft choux pastry from the inside.

Whisk the egg white stiffly, then in another basin beat the cream until it is also stiff. Fold the egg white into the cream—this will almost double its bulk. Fill the éclairs with cream. A round pipe or a teaspoon can be used for this.

Melt the chocolate in the water, in a small pan over a very gentle heat. Allow it to cool. Stir this mixture into the sieved icing sugar adding a little more water if necessary to make a thick coating consistency, and coat the top of each éclair with a teaspoon.

NOTE. *Choux pastry does not keep well so it should always be baked the day it is required.*

Important: gradual temp rise for extra puffiness

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1960

TOP TIP
Wash halved — or even quartered — glacé cherries in warm water, dry with a towel then dust lightly with flour to prevent them sinking to the bottom of the cake mixture during cooking

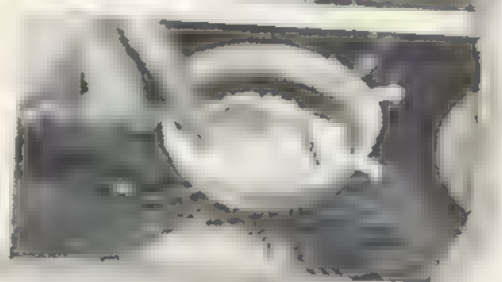
A light moist cake with evenly dispersed cherries—it's a perfect bake !

Cherry cake and a

Keep these recipes by you ; Cécile's 4 exciting pages

1960

Instant coffee or Nescafé give a delicious Mocha flavour to a chocolate sponge



Chocolate sponge

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Cécile calls them BISCAKES

1960

GINGER SHORTCAKES

6 oz. cornflour 8 oz. plain flour
8 oz. unsalted butter
6 oz. caster sugar 1 egg
2 oz. chopped crystallised ginger
A little extra caster sugar
Two sandwich tins 8 inches in diameter

Sift flour and cornflour into a basin, rub in the butter. Add the caster sugar and chopped ginger, then beat the egg and bind the mixture with it.

Grease the sandwich tins and press half the mixture into each tin. Prick the surface with a fork.

Bake the shortcakes in a slow to moderate oven, Regulo Mark 3 or 325 degrees, for half an hour. Allow them to cool slightly but while they are still warm, turn them out on to a wire tray. Just before they are cold, cut the shortcakes into slices and sprinkle them with caster sugar.

CAROLINA COOKIES

The mixture makes about 50
4 oz. plain dessert chocolate
4 oz. butter 1 egg
6 oz. granulated sugar
6 oz. self-raising flour
A pinch of salt

Sift the flour with a pinch of salt. Melt chocolate and butter together slowly. Beat the egg lightly, then gradually add it with the sugar to the melted ingredients. Stir this into the flour and roll out the mixture into little balls about the size of a marble. Place the balls in rows on greased baking trays with a good space between each.

Bake them in a moderate oven about Regulo Mark 6 or 400 degrees for 8 to 10 minutes until they are flat and "crazed." Cool them on a wire tray.

MELTING MOMENTS

The mixture makes about 30
3 oz. butter 1 egg
3 oz. lard or vegetable shortening
5 oz. caster sugar
10 oz. self-raising flour
1 teaspoon vanilla essence
1 breakfast cup full of cornflakes
Glacé cherries

Beat the butter and other fat to a soft cream, add the caster sugar and vanilla essence and beat until the mixture is light and creamy. Sift the flour. Beat the egg and add it to the creamed ingredients with the flour; the mixture should be a fairly firm consistency. Roll the mixture into little balls.

Crush the cornflakes, then roll each ball in them. Arrange on greased baking trays with a good space between each one. Flatten the tops slightly with a wooden spoon, and press a half glacé cherry into the centre of each.

Bake the melting moments in a moderate oven about Regulo Mark 4 or 350 degrees for 15 to 20 minutes. Cool them on a wire tray.

AUSTRALIAN CRUNCHIES

8 oz. butter or margarine
5 oz. plain flour
5 oz. caster sugar
3 oz. coconut 2½ oz. cornflakes
1 rounded tablespoon sweetened chocolate powder
A Swiss roll tin 8 by 11 inches

Brush the Swiss roll tin very thoroughly with melted fat. Melt the butter over a low heat then stir in the sugar, coconut, cornflakes and chocolate powder. Sift and gradually add the flour. Turn the mixture into the prepared tin, press it well into the corners and make sure the surface is level.

Bake the crunchie in a moderate oven about Regulo Mark 4 or 350 degrees for half an hour. Leave the crunchie in the tin and ice it while it is hot.

Chocolate Icing
8 oz. sifted icing sugar
2 level tablespoons cocoa
A little water to mix

Sift the icing sugar and the cocoa together and add enough cold water to make a thick, coating consistency. Run it over the surface of the crunchie and spread it to the edges.

Before the icing sets, cut the crunchie into 18 pieces, 3 lengthways and 6 in the other direction. Just before the crunchie squares are cold, take them out of the tin.

COCONUT BUTTER DROPS

The mixture makes about 24
2 oz. self-raising flour
2 oz. butter 2 oz. caster sugar
1 egg 2 oz. coconut

Sift the flour. Beat the butter and sugar to a soft cream. Beat the egg and add it then stir in the flour and coconut. Roll the mixture into small balls and put them on well-greased baking trays, with a good space between each ball.

Bake them in a rather slow oven, Regulo Mark 2 or 3 or 300 degrees, for 15 to 18 minutes. Cool them on a wire tray.

Use redcurrant or any other red jam for the spiral and then draw a skewer out from the centre to make the 'web'

1960

SPIDER'S WEB ICING

The chocolate sponge sandwich printed last week may be used as a base for this topping, but any other sponge sandwich will do equally well.

White water icing
4 oz. sifted icing sugar
A little cold water
Two drops vanilla essence

IN THE KNOW

In the 1960s, lifestyle changes such as more women going out to work led to a rise in convenience foods. It also meant the decline of teatime as a set meal, as well as time spent in the kitchen baking.

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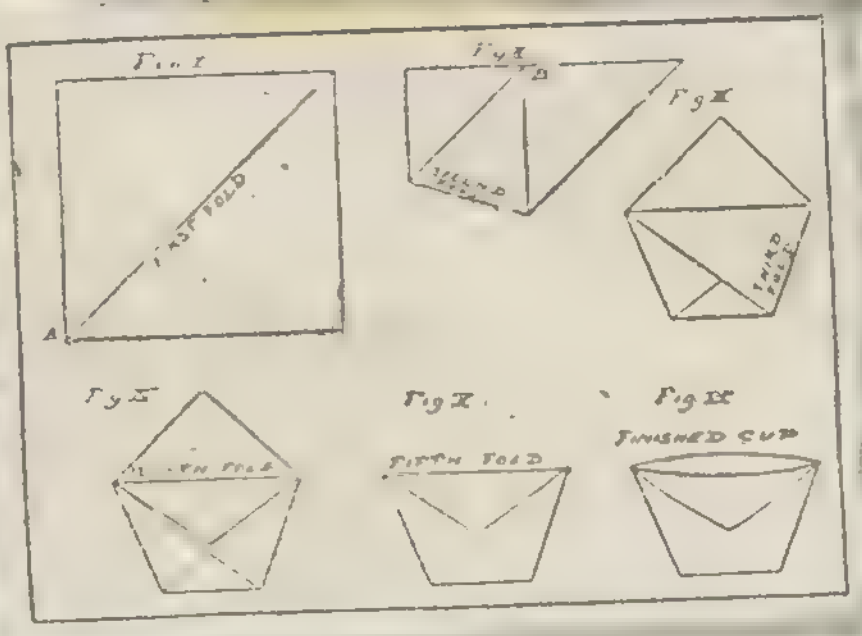
1912

A SUMMER PICNIC

How to make your Drinking Cups.



RECIPES for a jolly day out

A pretty spot with a little shade, convivial company and a basket of easy-to-eat picnic food. How better to spend an afternoon?

1919

PICNIC HINTS.

THERE are few nicer ways in summer-time of celebrating some little domestic event, such as an engagement, or home coming of a son, or daughter, than by giving a picnic; but whether it turns out a success or a failure depends a great deal on the forethought of those who arrange it. Given uncomfortable clothes, a chosen spot out of the reach of conveyance should bad weather suddenly set in, and unsuitable food, the outing so looked forward to becomes little short of disastrous.

The essential arrangements for a picnic should not be left entirely to one person. There are times when too many cooks spoil the broth; but in the case of a picnic two, and even three, heads are often better than one—especially when discussing the food question.

NO eatable should be of a messy nature. Fruits known as "soft"—these are strawberries, raspberries, etc.—should not be allowed. However tempting at the start, they are sure to "run" before long, the juice flowing easily into sandwiches, etc. Instead of making meat pies, cakes, etc., of a size to require cutting, they should be made in quantities of small dimensions so that they can be handled easily and separately. If sandwiches form part of the meal, it is far nicer to spread and season the meat to form fillings, than to place it between the bread in slices, however thin. Minced, the bread never drags away from the meat. Although soft fruit should not be used in its natural form, it may be mixed in a rather stiff jelly, and taken to the scene of action in its mould. These fruit jellies are exceedingly refreshing on a hot day, and can be cut out of the mould in slices or portions, and eaten without a hint of messiness.

If you intend to make your own tea, you should be within reach of water. Any cottager will provide you with boiling water for a few pence, or with cold—if a spirit lamp and fire is the order of the day. If you do take a spirit lamp, place it in a cardboard box; it will burn in much less time than it will in the open.

GIRLS so often make a great mistake in clothing themselves too lightly for a picnic, and in choosing muslins, linens and other very washable materials which look very charming for an hour or so, but decidedly somewhat draggled-tailed after a dinner on the ground, and a few games. A coat and skirt of light-weight material, with a white or light blouse, or a pretty sports coat with suitable blouse and skirt, are the best things to wear for these little jaunts. Coats are easily removed during the heat of the day, and there are very few evenings in this climate when they are not acceptable. Do not mar your day by wearing uncomfortable footwear. Many a damsel is tempted to encase her feet in something new for the occasion, for the sake of smartness, only to be in little short of agony before the end of the day. Comfortable shoes, rather the worse for wear, will look quite a different thing with a thorough clean up and a new pair of brown, silk laces.

THERE often comes a slack lull at a picnic between dinner and tea, a time when couples, attracted towards each other, seem to melt away from the others, leaving them at a loose end. At a recent picnic we played quite a good sitting-down game—for the day was exceptionally sultry. Our hostess had forethought and placed some oddments of paper and a few pencils in the food basket. To every guest she handed paper and pencil; then she read out an advertisement from the Agony Column of a newspaper and told us to write a little story bearing on it. The story might be either tragical, sentimental or laughable—the funnier the better. She had a tiny prize hidden away somewhere, and the most brainy person of the party was the judge of our literary efforts.

Plan ahead

* Share the food preparation between several friends
* Make individual pies and avoid messy soft fruit
* Think of some games to play — sitting as well as sporty

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1924

for the Picnic Basket

Sandwich Suggestions with a Refreshing Newness About Them

Crammed with Dainties are Cecile's Picnic Baskets

ANCHOVY AND EGG SANDWICHES

Three-quarters of an ounce of butter
Two yolks of eggs (hard boiled)
Pepper
Few drops of anchovy essence
Thin slices of bread-and-butter

BOIL the eggs for fifteen minutes until hard. Remove the yolks and pound them well with the butter.

Add sufficient anchovy essence to flavour, season with pepper, and pound again. Spread between slices of bread-and-butter.

NOTE.—*Cut your sandwiches into various shapes—round, square, oblong, three-cornered, etc.—so as to be able to distinguish between the different kinds.*

RAISIN AND EGG SANDWICHES

Two ounces of raisins
Two eggs
Seasoning
Salad cream
Thin slices of bread-and-butter

WASH, stone, and chop the raisins. Boil the eggs for fifteen minutes until hard, then shell them. Chop up the eggs finely. Mix the prepared raisins and eggs together, season with pepper and salt, and add a little salad cream.

When well mixed, spread on bread-and-butter, and make into sandwiches.

CHEESE SANDWICHES

Two ounces of grated cheese
One ounce of butter
Mixed mustard
Pepper and salt
Thin slices of bread-and-butter

GRATE the cheese very finely. You can use up any little scraps of stale cheese for this. Mix well with the butter, and season with pepper (and salt, if required), and just a very little mixed mustard.

Spread on slices of bread-and-butter and make into sandwiches.

CREAM CHEESE AND RAISIN SANDWICHES

Two ounces of raisins (chopped)
Few chopped almonds
One cream cheese
Seasoning
Salad cream
Slices of thin bread-and-butter

PREPARE the raisins as before. Soften the cream cheese by working it with a fork.

Work in the raisins and almonds, a little salad cream, and seasoning to taste.

Mix well, then spread on bread-and-butter, and make into sandwiches.

PINEAPPLE SANDWICHES

CREAM some butter, and stir into it some minced pineapple. If liked, a few chopped nuts can be added as well.

Spread on bread-and-butter, and make into sandwiches.

RAISIN FILLING FOR SANDWICHES

WASH, stone, and shop some raisins. Cream some butter, stir in the prepared raisins, and a few drops of lemon juice, and mix together.

This makes an excellent filling for sandwiches.

FRUIT SALAD

One large tin of fruit salad
Two oranges
Two apples
Two bananas
Cochineal

STRAIN the syrup from the fruit salad, put it into a saucepan, and add a few drops of cochineal to colour it.

Boil the syrup for a few minutes to thicken it. Leave until cold. Peel and slice the bananas, core the apples, and cut into slices.

Peel the oranges and divide into quarters. Cut up the tinned fruit salad, and mix with the prepared raw fruit.

NOTE.—This can be put into empty jam-jars, and the syrup poured into a bottle and packed separately.

BEEF PATTIES

Cold beef (as required)
Salt and pepper
Chopped parsley
One egg
Gravy or stock
Half a pound of flour
Quarter of a pound of margarine
Water to mix

PUT the meat through the mincer, having first removed any gristle or bone.

Boil the egg until hard, chop it up finely, and mix with the meat.

Season well with pepper and salt, add some chopped parsley, and mix all together.

Moisten the mixture with a little stock or gravy.

Make the pastry, and line some patty tins.

Put some of the prepared meat, etc., into each, and cover with rounds of pastry.

Brush the pastry over with milk, and bake in a hot oven for about twenty to thirty

Leave a pack in the

1954

Ideal for the children

Some delightful finger foods, but will the jellies travel?

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Sweet and savoury SPOONFULS

How satisfying it is to see rows of jams, chutneys and pickles all labelled and ready to give away as tasty gifts

1912

Tasty Dishes You Can Make With the Autumn Fruits.

Preserved Pears.

Pears preserved according to the following recipe will keep for years. Take as many pears as desired, and also equal their weight in loaf sugar. Put half the sugar aside, and with the remaining half make a thin syrup, allowing a quart of water to each pound of sugar. Peel, halve, and core the pears, which must be quite sound, and not over-ripe. Drop each piece of fruit as it is prepared into cold water acidulated with lemon-juice, in order to keep it from losing its colour. Let the syrup cool, place the pears carefully in it, wiping each piece with a soft cloth when removing it from the water. Set the pan with the fruit over a gentle heat, and let it simmer until it is about half-cooked. Turn it into a bowl, cover with a cloth, and leave it for two days. Then drain off the syrup and add the remaining sugar. Dissolve and measure it, and to every quart of liquid add half an ounce of whole ginger. Boil it for ten minutes, then add the strained juice of a lemon. Skim it, and reduce the heat slightly, carefully put in the pears and simmer the mixture slowly until it is clear. Place the fruit in wide-necked bottles, fill them with syrup, and cover them down tightly.—Miss M. Caldwell, Cardiff.

Green Grape Chutney.

Required: Twelve pounds of hard green grapes that will not ripen, twelve pounds of small figs, six pounds of sugar, six pounds of onions, six pounds of sweet apples, a quarter of a pound of honey, and one ounce each of whole pepper, whole ginger, whole cloves, and mustard seeds, a quarter of a pound of salt, and one ounce of red pepper. Put the vinegar, salt, and honey into a large pan, add the crushed grapes. Stir all well, and skim off the grape seeds, which will appear at the top. Chop the apples, figs, and onions finely, tie the spices in a muslin bag, and then put them with the mixture. Cover the pan and the contents with a linen cloth, and let it stand for two days. Then boil the mixture for four hours. When it is half cold, pour the mixture into pots and tie them down. This chutney will keep for years.—Miss Mary Edwards, West Cowes.

Marrow and Apple Jam.

Ingredients: Four pounds of vegetable marrow, two pounds of apples, four pounds of sugar, and one pennyworth of lump ginger. Peel the marrow and take out the seeds. Cut it into small pieces, and put them in a large bowl with the peeled and sliced apples and the sugar. Leave it for twelve hours, and then pour it into a pan and boil it for two hours with the ginger, which must be tied up in a muslin bag, and taken out when the jam is cooked. Put it in pots, and cover them in the usual way.—Mrs. Berry, Altrincham.

All very tasty

Grapes from Aunt Julia's vine were sweeter than expected, thus a little less sugar required. Use the pears in a steamed pud

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1915

RHUBARB IS CHEAP!

RHUBARB should be much more appreciated than it is in many homes, for when perfectly cooked it is quite as delicious as our other English fruits, if not more so.

Here are some simple, yet specially good recipes that I want my readers to try:

CHEAP RHUBARB JAM.

TO every pound of rhubarb allow one pound of loaf sugar the rind of a quarter of a lemon, juice of half a lemon, and a quarter of an ounce of bitter almonds.

Cut up the rhubarb into small squares, shred the lemon rind and previously blanched almonds, add the sugar and lemon-juice, and leave to stand for at least a night. Then stir over the fire until it boils, and allow to boil quickly for about three-quarters of an hour.

Put it into dry jars, tie them down, and label for use.

Mustn't stint on the sugar or the jam tastes awful and dries the mouth. For compote use VERY little water

Add raisins, perhaps?

1926

TWO MORE PICKLES

To add to the store cupboard

PICKLED CABBAGE

Red cabbages as required
Salt
Vinegar to cover
Few peppercorns, allspice and cloves
Lump ginger.

CUT the cabbages into quarters, remove the stump and outside leaves, then cut each quarter into [illegible]. Lay them out on large dishes, sprinkle freely with salt.

Leave for about twenty-four hours, then put a little of it at a time into a colander and drain well, then dab lightly with a cloth.

When well drained put into jars. To each jar add a small lump of ginger (bruised) and a few peppercorns, allspice and cloves.

Cover with vinegar, then tie down and make airtight.

NOTE.—*Cabbages are best for pickling after a frost.*

PICKLED HORSERADISH

Horseradish
Vinegar

CHOOSE good thick sticks of horseradish.

Scrub well, then peel.

Grate it finely by rubbing it on a bread grater. Put it into jars in layers, covering each layer with vinegar and pressing it well down. When full tie down and make airtight.

IN THE KNOW

Pickling has been used as a method of preserving foods for over 4000 years. In 1922 Crosse & Blackwell invented Branston pickle – the recipe has remained unchanged ever since.

Clever recipe — especially when it jellies. Marrow tip works equally well. Try pineapple with apricots as well?

1926

JAMS IN SEASON

Put the pumpkin cubes into a large basin and add the sugar.

FIG JAM

To each pound of figs allow:
One pint of water (cold)
One and a half pounds of sugar
Two lemons (rind and juice)

WASH the figs well, remove the stalks and cut the fruit into about four pieces.

Put them into a basin with the water, and leave soaking for about a day.

Turn into a preserving-pan, add the sugar and cook gently until dissolved. Bring to the boil and remove the scum.

Add the grated lemon rind and strained juice and continue to boil all together until it will jelly when cold.

MELON AND PINEAPPLE PRESERVE

(For special occasions)

One large ripe pineapple
Two and a half pounds of melon (when peeled and seeds removed)
Two and three-quarter pounds of sugar
Two lemons (rind and juice)

PEEL the melon and remove the seeds, being careful to save all the juice. Cut the melon into cubes and put into a basin with the sugar. Leave for twenty-four hours, then turn into a preserving-pan.

Cook slowly until the sugar is dissolved, then bring to the boil and boil for half an hour, keeping it skimmed as required.

Put the pineapple through the mincer, and add with the juice. Add also the grated lemon rinds and strained lemon juice and continue to boil all together until it will jelly when cold.

NOTE.—*If a cheaper jam is required, use marrow instead of melon.*

BLACKBERRY JAM

Blackberries as required
To each pound of fruit allow:
Three quarters of a pound of sugar
Half a gill of water

PICK over the fruit, and put into a preserving pan with the sugar and water.

Cook slowly until the sugar is dissolved, then bring to the boil and boil until it will jelly when cold, keeping it skimmed and stirred as required.

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1937

How lucky to get some Seville oranges

Join Cecile's Cookery Classes!

Have you joined Cecile's Cookery Classes for Beginners and Those Who Feel that Their Cookery Could Be Bettered? These Lessons are just as Valuable to you as a Course of Lessons in a Cookery School, So Do Keep Them Carefully!

A perfect recipe!

The Proper Way To Make Home-Made Marmalade.

MY METHOD

Seville oranges (as required)
Allow two pints of water and two pounds of sugar to each pound of oranges

WIPE and weigh the oranges and put into a preserving pan with the water. Cover with plates to prevent them from floating, then bring to the boil and let cook gently until the rinds are quite tender. This will probably take about one hour and a half to two hours.

Leave the oranges in the water until cold, then drain them in a colander. The water in which they were boiled should have been reduced to about half its quantity. If it has boiled away too much you may add a little more.

Put the oranges on to a dish and cut them into quarters, then take each quarter and scrape out all the pulp and soft pith. This can be done with the back of the knife, which should be stainless, if possible.

Rub all the pulp and soft pith through a wire sieve; it will practically all rub through with the exception of the pips.

Put this sieved pulp into a basin with the water in which the oranges were boiled, and put the pips into a small basin with just sufficient boiling water to cover them. Cut the peel into fine strips and add to the pulp, then let all stand until the next day.

Turn it into a preserving pan, add the strained liquor from the pips and bring almost to the boil. Then add the sugar, cook slowly until the sugar is dissolved. Bring to the boil and boil until it will "jelly" when cold, keeping it skimmed and stirred frequently.

Turn into hot jars and when cold, cover securely and make airtight.

Label the jars, and store in a cool, dry place.

NOTE

BOILING the oranges before cutting them makes the process much easier. Save the scum, as it can be utilised for a pudding or tart, etc.

* * *

HOME-MADE MARMALADE (2)

This makes a sweeter marmalade than the previous recipe.

MY METHOD

Seville oranges (as required)
Allow one lemon to one dozen oranges
Two and a half pints of water to each pound of fruit
Sugar

WIPE and weigh the oranges and lemons, and cut first into quarters, then into very thin slices, removing the pips. Pour the prepared fruit into a basin with the water, and add the pips tied in a piece of muslin.

Stand until the next day, then turn into a preserving pan and boil gently till tender.

Leave again until the following day, then weigh and allow an equal amount of sugar.

Turn into a preserving pan, heat up, and add the sugar and, when dissolved, bring to the boil, keeping it skimmed and stirred as required. Boil until it will "jelly" when cold.

* * *

HINTS FOR MAKING MARMALADE

1. Be sure that the sugar is all dissolved before the marmalade comes to the boil.
2. Skim it occasionally to keep it clear, and stir it now and then to prevent it from sticking to the pan.
3. Test to see if sufficiently boiled before potting it. To do this put a little on a plate and leave till cold. If it "jellies," it is ready. When testing, turn out the gas so that the marmalade does not continue to boil.
4. If the marmalade is potted hot, heat the jars first, or the hot marmalade will crack them.
5. Let the marmalade get cold, then make airtight. The "Cellophane" covers are both reliable and neat.

Do not skip the skimming step

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1923

How to put on a GOOD SHOW

It's not that food is the be all and end all, but I do like to turn an event into an occasion to remember. In lean or lavish times, WW is there with special recipes and tips

1918

252 WOMAN'S W...

MY RATIONLESS DINNER PARTY.

How I Provided a Four-Course Meatless Meal for Four Persons at a cost of 1s. 4d. per head.

WHEN my brother was home on short leave from the Front, I felt I must invite him and his wife to dinner, although it was war-time, and compulsory rationing had just come into force; and in order to get over the coupon difficulty, I decided to have no meat dishes whatever. The menu I give below, and I will try to show that it was attractive and economical.

It goes without saying that I have no maid, and I therefore make it a rule to prepare as much before hand as possible for dinner every night, when one is entertaining it is, of course, more necessary to have little to do at the last moment. Though the hostess is cooking the dinner, she must not be in the kitchen!

Menu.

Julienne Soup.
Salmon Pudding.
Potato Soufflé.
Apricot Jelly.
Cheese Straws.

I will give the recipes only for, and say when I prepared each dish.

Julienne Soup.—Two quarts of cold water, a small carrot, turnip, onion, bunch of herbs, sprig of parsley, ... vegetables into the stock pot. Bring to the boil, skim, and simmer gently for three hours. Strain, and when ready to serve add a little chopped parsley.

So far I proceeded in the morning, and at night all I had to do was to put the piedish in the oven while the potato soufflé was cooking, to make it hot through and slightly browned on top.

Potato Soufflé.—One and a half pounds of mashed potatoes, two ounces of butter, pepper and salt, a wineglassful of milk, one egg (preserved) well beaten up.

Bring milk to boil, and while boiling fast pour it over the mashed potato; beat up well with fork until white and creamy. Add pepper, salt, and butter. When somewhat cool, add well-beaten egg, turn into buttered ... Put into hot oven, and bake in good oven for half an hour.

the jelly. The mould would not hold all the apricots, so when the jelly was turned out I put the remaining apricots round the edge of the glass dish in which it was served.

Needless to say, the jelly was made the morning, and turned out at night.

Cheese Straws.—One ounce of butter, one ounce of cheese, one ounce of flour, pinch of cayenne, and salt. Rub butter into flour, add cheese and seasoning. ... well with little water, roll out in thin paste, cut in strips, bake in a very quick oven.

These I made in the morning, and at night they were put in the oven while the soufflé was taken out, and they were ready to take they were required.

Perhaps you may be interested to know that I had only ounces of butter ration for the week; but my husband and I shared his ration, and were quite content to do so, having given the dinner-party.

Now for the cost.

Soup.

	s.	d.
Vegetables		2
Meat Extract		2

Salmon Pudding.

Tin of salmon	2	3
Cornflour		1

Just the ideas I need for when Larry returns.

Home cooking will make up for no meat

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1924

SPECIAL EASTER GOODIES

"Something Specially Nice We Must Make for the Holidays," Said Cecile, When She Sent These Recipes

MARZIPAN EGGS

INGREDIENTS:

Six ounces of ground almonds
Six ounces of icing sugar
One white of egg
Few drops of coffee essence

METHOD

RUB the sugar through a fine sieve; if very lumpy, crush it first with a rolling-pin. Add the almonds to the sugar, and mix together.

Whisk the white to a stiff froth, then add sufficient to the dry ingredients, together with a few drops of coffee essence, to mix all to a stiff paste. Work it until smooth and evenly coloured—it should be as near as possible to brown egg in colour.

Divide into portions, and make each into a smooth round shape, then work into an egg shape. Leave for hours to dry.

So easy, everyone loved it!

MERINGUE PEACHES

INGREDIENTS:

One large tin of peaches
White of one egg
Two dessertspoonfuls of castor sugar
Few pieces of angelica (for decoration)

METHOD:

TAKE the peaches out of the syrup, and drain well.

Arrange them in rather a shallow dish, placing the cut side uppermost.

Whisk the white to a very stiff froth, then fold in the castor sugar, and mix together lightly.

Pile some of the meringue in the centre of each peach, and decorate with angelica.

Strain a little of the syrup round the dish but not sufficient to touch the meringue.

HOW TO MAKE A SIMNEL CAKE

MAKE a good rich fruit cake, flavoured with spice.

When cold, split into halves, and put a layer of almond paste between.

Decorate the top of the cake with a border of almond paste. The latter can be browned in the oven, then put on to the cake, or browned after it is put on; in this case, it should be browned under the grill.

A little white of egg can be used to make it adhere, if required.

Another method is to make the almond paste, and cook a layer of it in with the cake.

The top of the cake can be decorated when cold, as explained above. After decorating with almond paste, the centre can be iced with soft icing, and a tiny chicken placed on it.

BATH BUNS

INGREDIENTS:

One pound of flour
Two ounces of sultanas
Six ounces of margarine
One ounce of yeast
Seven ounces of coarse granulated sugar
Milk and water (warm), about 1½ gills
Two ounces of candied peel
Two eggs

METHOD:

SIEVE the flour.

Rub in the margarine until quite fine.

Put the yeast into another basin, add about about half a teaspoonful of sugar, and mix thoroughly until it liquefies.

Pour in the milk and water.

Make a hole in the centre of the flour.

Beat up the eggs and stir into the flour. Gradually add the yeast and milk, and mix thoroughly to a soft consistency.

Cover the basin and stand in a warm place for about an hour.

Wash and dry the sultanas and pick them over.

Cut the peel into small pieces.

When the dough is ready, stir in the fruit and sugar, and mix well.

Knead thoroughly, and divide into about twelve equal portions.

Cut into rounds and place on a greased baking-sheet leaving a space between each. Stand in a warm place for about half an hour.

Brush over with beaten egg and sprinkle with sugar.

Bake in a hot oven for about half an hour.

Place on a sieve to cool.

STUFFED DATES

INGREDIENTS:

One box of dates, or three-quarters of a pound of dates
Eight ounces of icing sugar
Six ounces of ground almonds
One white of egg
Vanilla flavouring
Cold water

METHOD:

IF loose dates are used, wash them well and dry them, but this is not necessary if box dates are used. Split them open down one side, and take out the stones. Rub the icing sugar through a fine sieve; mix it with the ground almonds. Add the white of egg, slightly beaten, also a few drops of vanilla. Mix well together to a stiff paste, adding a small quantity of cold water, as required. Stuff the dates with the almond paste. Shape the paste up into a ridge with the fingers, and then take a pair of kitchen scissors and snip along the top of the ridge—at intervals. This gives a very pretty finish. Stand the dates on a large dish, and put into a warm oven for about fifteen minutes, to set the paste. When cold, place each in a paper case and serve on a lace paper or in little paper cases.

TO MAKE YOUR OWN SALTED ALMONDS

They're Easy to Do if You Only Know How

FOR a small dinner of four people buy two pints of almonds and a gill of olive oil.

Shell the almonds and throw them into a saucepan of boiling water, which will make the removing of the brown skin an easy and quick process.

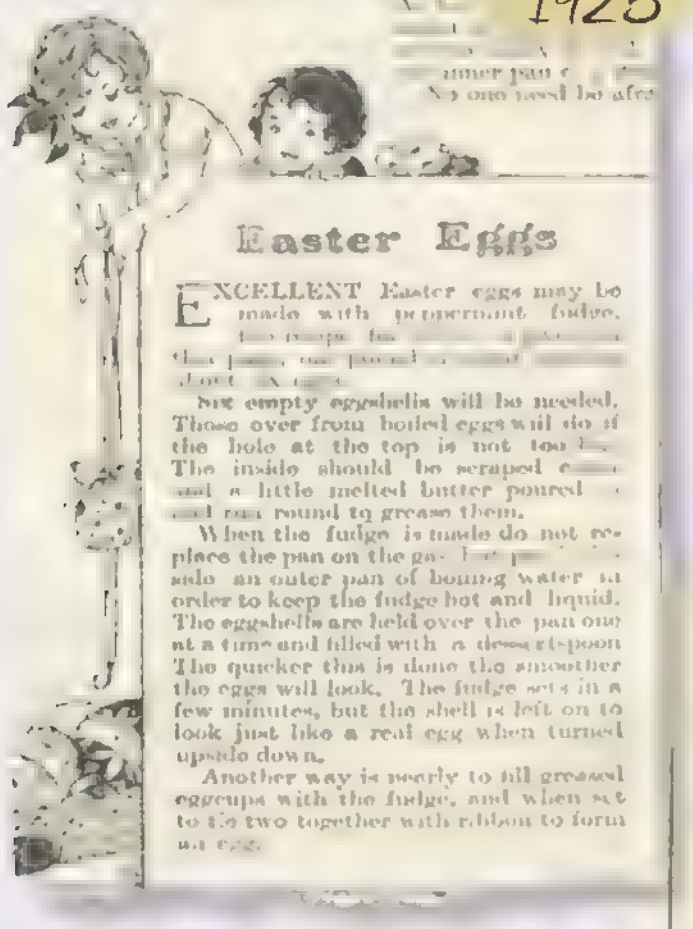
Then pour the oil into a tin (one used for baking tarts, etc., will do) and heat over the fire. When it is hot place the almonds in it until they are all quite a deep brown (about fifteen minutes). Care should be taken to move them constantly while browning.

Now prepare a sheet of grease-proof paper and cover it with salt and pepper very liberally.

Lift the almonds from the oil with a fish slice, which allows the oil to drip off. Drop them on to the salted paper, and roll well into the salt and pepper.

When cool place the almonds in small dishes on the dinner table—to be eaten at any time during the meal.

Make several fudge flavours: ginger, almond, raspberry, mixed fruit and nut



1925

Easter Eggs

EXCELLENT Easter eggs may be made with peppermint fudge. [illegible]

Six empty eggshells will be needed. Those over from boiled eggs will do if the hole at the top is not too [illegible]. The inside should be scraped [illegible] and a little melted butter poured [illegible] and run round to grease them.

When the fudge is made do not replace the pan on the ga[illegible] aside an outer pan of boiling water in order to keep the fudge hot and liquid. The eggshells are held over the pan one at a time and filled with a dessertspoon. The quicker this is done the smoother the eggs will look. The fudge sets in a few minutes, but the shell is left on to look just like a real egg when turned upside down.

Another way is nearly to fill greased eggcups with the fudge, and when set to tie two together with ribbon to form an egg.

IN THE KNOW

Popular fancy food in the 1920s and '30s included sorbets, jellied rings (tomato, asparagus, fish) and dishes with names, such as haddock Monte Carlo, Waldorf Salad and Paradise Pudding.

Followed precisely and all were well-fed and content. Tears from Tilly during pass the parcel though

1925

Miss Gaiety Replies

CATERING FOR A PARTY

I am thinking of giving a party to about forty children and the same number of grown-ups. It is to be a children's fancy dress in the afternoon, from 3 until 8 p.m., and from then onwards a young people's party.

I am hiring a small hall close by with a piano and pianist. I want both parties not to be too extravagant, but nice enough to make it all very jolly. Will you please give me some idea what I should provide? G. B.

HERE is a nice tea menu for the children.

Brown and white bread and butter
Banana and jam sandwiches
Buttered buns
Swiss rolls
Small fancy cakes
Tea

I think if you allow about 2½ quartern white loaves and two brown ones you will find this sufficient for the bread and butter and sandwiches, if having buttered buns as well.

For the sandwiches, just slice thinly a few bananas, and, having buttered some thin slices of bread, spread them with jam, place the banana slices on top, and cover with another slice of bread and butter.

Buy the small halfpenny currant buns, split them into halves and butter them.

About two and a half dozen will be sufficient.

For the bread and butter, sandwiches, and buns you will probably require about two and a half pounds of butter altogether.

Four Swiss rolls would be sufficient; these would each cut into about ten slices, or perhaps twelve.

With regard to the fancy cakes, I should not provide anything too rich or elaborate. The small iced cakes with sponge inside are most suitable for children. About six dozen should be sufficient, and I should buy quite small cakes. If buying a large quantity like this you might possibly be able to get them specially made for you.

If you wish to give the children light refreshments before they go home, it is only necessary to provide just jellies and blanc-mange and lemonade. Make about eight pints of blanc-mange, and the same amount of jelly, varying in colour and flavour.

Then make sufficient lemonade to allow about two glasses for each child. In addition you can, if liked, have dessert and chocolates to hand round during the party.

For the grown-ups, these refreshments would be nice:

Sandwiches, ham and tongue paste, egg and cress, etc.
Sausage rolls
Sweets (three kinds)
Lemonade
Claret cup (if liked)
Dessert
Coffee

About three or three and a half sandwich loaves (¼ quartern) will be sufficient to allow for sandwiches; in all probability there will be some bread and butter left over from the tea party which can be used up to make sandwiches.

I should make about five dozen sausage rolls. For these, three and a half pounds of sausages will be required—each sausage being divided into three portions.

For the pastry use roughly about three pounds of flour and two pounds of shortening.

If you have any over it can be used for tarts or mince pies.

For the cold sweets trifles, jellies, fruit salads are suitable.

For the coffee I should allow about one cup per person, and milk in addition.

1925

Catering was spot on with this guide — use again

A PARTY For a Pound!

"How much does a party cost?" asks a reader.

That, of course, is a somewhat vague question, but Cecile and Miss Gaiety have put their heads together, and think a nice little party of twelve people could be arranged for £1. That is for the catering alone, when the hostess is prepared to take trouble and prepare the refreshments at home. And "homey" things are easily the best.

If catering for a larger number—for instance, for about forty or fifty persons—you will find that you do not require to allow quite so much in proportion as given here.

MENU.

Sandwiches.
Tomato and Cheese. Paste. Ham.

Sausage Rolls.

Sweets.
Jellies. Trifles. Fruit Salad.

Lemonade.
Tea or Coffee.

Sandwiches (the three kinds).

	Approximate Cost s.	d.
1 large and 1 small sandwich loaf	0	7½
1 lb. butter	2	0
1 pot of paste (fish or meat)	0	10½
¾ lb. cooked ham	1	8
½ lb. cheese	0	3
½ lb. tomatoes	0	4
Mustard and seasoning	0	1
	5	10

When making Fruit Salad arrange the apples and bananas underneath

Sausage Rolls. (Sufficient to make about 2 dozen.)

	s.	d.
1½ lb. beef sausages at 8d. per lb. (divide each sausage into three)	1	0
1½ lb. flour (and extra for rolling out pastry)	0	4½
¼ lb. lard	0	6
¼ lb. margarine	0	3
	2	1½

Jellies.

	s.	d.
Make two pint jellies of different flavours. Leave one plain and set in a mould, then turn out	0	10
Add sliced bananas to the other jelly, and set in a glass dish and serve in the dish	0	3
	1	1

Trifles.

	s.	d.
Make two trifles using altogether:		
1s. sponge cake	1	0
Jam	0	6
3 oz. almonds	0	6
2 pints custard	1	0
About ½ pt. milk and ½ pt. sherry, for soaking the sponge cakes. (If preferred, use all milk)	0	9
	3	9

Fruit Salad. (Make one large fruit salad.)

	s.	d.
1 large tin peaches	1	1½
1 small tin pineapple	0	6½
6d. bananas	0	6
½ lb. apples	0	3
¼ lb. grapes and 1 orange	0	4
1 oz. glacé cherries	0	2½
	2	11½

Lemonade (Sufficient for 24 to 30 drinks.)

	s.	d.
1 lemon	0	1
¾ lb. sugar (granulated)	0	3½
1 dessertspoonful citric acid	0	2
1½ pt. boiling water.		
	0	6½

THE total cost of the above amounts to 10 3½, and the remaining 3 8½ will be required for cream, and tea or coffee, and some milk for the latter.

PREPARE BEFOREHAND

WHEN preparing the refreshments for a party it is always advisable to get as much as possible prepared well beforehand, as there are so many little odd jobs which we find to do at the last moment. The making of the sandwiches should, of course, be left as late as possible, as they soon become dry, but the cheese and tomatoes can be prepared earlier in the day.

The cheese has to be grated finely, the tomatoes skinned and mashed to a pulp, then mixed with the cheese and well seasoned.

Pastry is always better to eat when new, but if more convenient the sausage rolls can be made the previous day.

The jellies, trifles, fruit salad, and lemonade can also be prepared the previous day.

THE FRUIT SALAD

REMEMBER when making the fruit salad to arrange the apples and bananas underneath the other fruit, as they so soon discolour and spoil the appearance of the salad.

Surprise Cups

A Pretty Party Dish

TAKE some small tumblers or custard-glasses, or pretty little teacups would do.

Make several different mixtures and put into them, such as

- Crumbled macaroons and jelly;
- Crumbled sponge and cakes and chocolate custard;
- Sliced bananas and custard;
- Small portions of blancmange of various colours and flavours.

} Put only one kind into each cup

Cover the top of each with some meringue mixture, and decorate with a glacé cherry, a piece of angelica, or a crystallised violet.

To make the meringue, allow one tablespoonful of castor sugar to each white of egg. Whisk the whites to a very stiff froth; then fold in the castor sugar lightly.

This meringue should only be prepared just a few hours before serving the cups.

If glasses are used, the sides must be wrapped round with a piece of pretty paper so as to hide the contents.

Favourite show-stoppers

1926

JELLIED SALMON AND CUCUMBER

One small tin salmon
2d. piece of cucumber
Half a gill of vinegar
Salt and pepper
Two or three radishes
One gill of water
Quarter ounce gelatine

THIS is a pretty dish suitable for an extra special supper. One good point about it is that it can be made the day before or else in the morning. Saving the busy housewife as much work as possible to herself in the afternoon.

Line a glass dish with thin slices of cucumber and radishes and put in the salmon divided into two or three nice pieces. Season with salt and pepper.

Strain the liquid from the salmon into a basin and add half a gill of vinegar and fill up the cup with water (or stock).

Soak the gelatine for five minutes in the liquid and warm slowly till dissolved. Let this cool slightly and strain it over the fish.

1930

HOT CROSS BUNS

Three-quarters of an ounce of yeast
One pound of flour
Pinch of salt
Two ounces of margarine
One level teaspoonful of mixed spice
Half a level teaspoonful of ground cinnamon
Quarter of a level teaspoonful of ground cloves
One egg
About half a pint of milk
Two ounces of preserved ginger
Two ounces of mixed peel
Two ounces of currants
Two ounces of castor sugar

SIFT the flour with the salt and spices. Mix in the castor sugar and fruit—the currants previously washed and dried, the peel and ginger cut into small pieces.

Preserved ginger makes the difference

Mix the yeast in another basin with an extra teaspoonful of sugar, until it liquefies.

Warm the margarine sufficiently to melt it, add the milk and make lukewarm, then stir both on to the yeast.

Strain this into the flour with the beaten egg and mix to a soft dough, adding a little more warm milk *if required*.

Turn on to a floured board, divide into about eighteen portions and shape each into a smooth bun shape. Place on a lightly greased and floured tins, leaving a space between.

Mark a cross on each with the back of a knife, stand in a warm place to rise until they are double their size.

Put in a hot oven to bake. They will take about twenty to twenty-five minutes.

Brush with glaze when cooked and return to the oven for a minute or two to dry.

To Make the Glaze.—Mix three dessertspoonfuls of milk with one and a half dessertspoonfuls of castor sugar and stir till dissolved.

Superb buns!

1930

JANUARY 4, 1930

For Your New Year's Party

Cecile, Our Cookery Expert, Solves The Problem Of What To Provide For The Guests

Toast the almonds for extra flavour

PARTIES are now in full swing, and there is always the everlasting problem of what to have in the way of "eats."

If you have not much time and only moderate means you cannot better some nicely made sandwiches with simple fillings. But remember they need to be freshly made and the fillings well seasoned.

You should include brown bread and bridge rolls as well as white bread.

TASTY FILLINGS

SUCH fillings as ham, seasoned with French mustard, and with a little shredded lettuce added are very savoury. I find it better to mince the ham. If you prefer, you may have finely grated cheese moistened to a soft paste with peeled and chopped tomatoes, or chopped hard-boiled egg mixed with salad cream and chopped cress, etc.

SAUSAGE ROLLS

THESE are always popular. If time is short you can use ready made puff paste in place of your own home-made pastry

CHEESE CAKES

THESE would be much appreciated and by using thinly rolled ready made puff paste to line your patty tins, you can make them in a very few minutes.

Take one egg and its weight in castor sugar, margarine or butter, and ground rice.

Cream the fat and sugar, then beat in the egg, and then add the ground rice.

Put a little jam into each pastry lined tin, add a little of the cake mixture, and bake in a hot oven.

This quantity will make about fifteen small ones.

THE SWEETS

I WOULD suggest fruit salads, fruit jellies or trifles, etc. Some of these can be made in individual glasses or custard cups, which saves much time in serving.

A large tin of fruit salad with the addition of two or three sliced bananas, and one or two apples and oranges, will be sufficient for about ten persons—or perhaps you may prefer to try the following recipes.

NEW YEAR TRIFLE

One sponge ring
Three tablespoonfuls of ginger wine
Apricot jam
Two ounces of glacé ginger
Four ounces of dessert figs
Two eggs
One pint of milk
One tablespoonful of sugar
Vanilla flavouring
One ounce of almonds
One ounce of glacé cherries

STALK the figs and cut both the ginger and figs into small pieces.

Split the sponge ring into halves and spread with apricot jam.

Put some of the figs and ginger on one half and sandwich the two pieces together, soaking each with a little ginger wine.

If the sponge cake is stale a little milk may be required as well.

Then put the remainder of the figs and ginger round the base of the sponge.

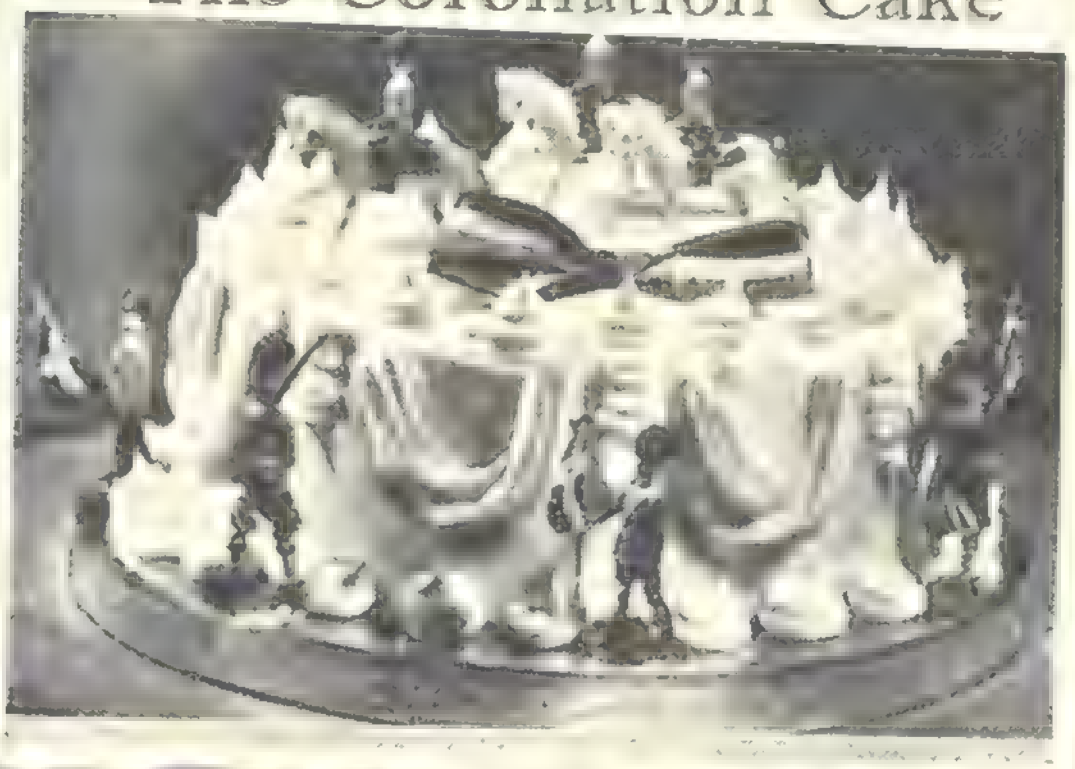
Make a custard with the eggs and milk, adding the sugar and flavouring to taste, and when cool pour over the ring.

Decorate with halved glacé cherries and almonds, and serve with cream. The latter may be whipped, sweetened and flavoured, and heaped in the centre.

1937

MAY 1, 1937

The Coronation Cake



Made for our coronation tea party. Terence didn't want to donate his horsemen so Rosalind made some out of pipe cleaners!

1939

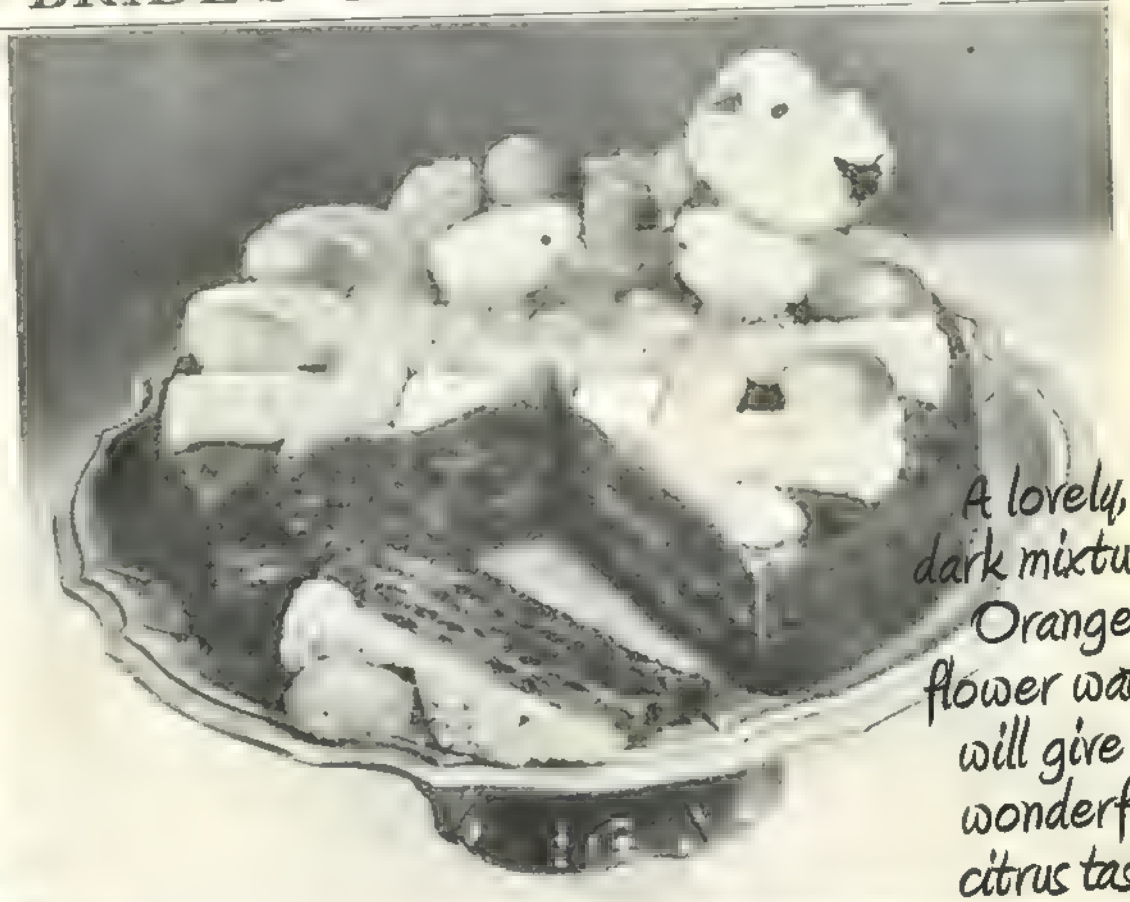
641

APRIL 1, 1930

THE YOUNG BRIDE'S CAKE-MAKING COURSE

The Easter Simnel Cake

Make it now and keep in a tin until Easter



A lovely, dark mixture. Orange flower water will give a wonderful citrus taste

The tiny Easter Eggs and Fluffy Yellow Chickens can be obtained at most confectioners.

THE CAKE:

Quarter pound of Barbados sugar
Quarter pound of butter
Six ounces of flour
Quarter level teaspoonful of baking soda
One and a half level teaspoonfuls of mixed spice
Half pound of currants
Two ounces of candied peel
Quarter pound of sultanas
Two eggs

ALMOND PASTE:

Six ounces of ground almonds
Half pound of castor sugar
One egg
One teaspoonful of orange flower water
Some jam or jelly to make the paste adhere

ORANGE ICING:

One ounce of icing sugar
About half to one teaspoonful of orange juice
Some small eggs and chickens

Pies went down well! Serve with a pickle

WOMAN'S WEEKLY

Make the table look as festive as you can, then invite your guests to "help themselves"

Entertaining With Cécile

A SMALL BUFFET PARTY

The Menu Contains An Exciting Array Of Sweet And Savoury Dishes For Twelve Guests

CHICKEN PIES

1 small boiling fowl, trussed ready for boiling
A squeeze of lemon juice
Salt and pepper

For The Rough Puff Pastry

12 oz. of plain flour
Pinch of salt
3 oz. of lard. 5 oz. of margarine
About ½ pt. of water
A little beaten egg for the glaze

For The Filling

1 small onion, skinned and sliced
A blade of mace. A sprig of parsley
½ oz. of margarine. ½ oz. of flour
½ pt. of milk. Salt and pepper
Cold diced chicken taken from the boiled fowl. (There should be about one pound.)

12 tartlet tins, each holding four tablespoonfuls of liquid, will be required

FIRST cook the boiling fowl. Wipe it with a damp cloth, then rub the breast with a few drops of lemon juice. Put it into a large saucepan and just cover it with water and a little salt and pepper. Simmer the chicken quite gently for between one and a half and two hours or until it is tender; then leave it in the stock until it is cold.

When it is cold, cut all the meat off the chicken, remove the skin and dice the meat. Skim the fat off the stock and keep the stock for making the chicken soup.

The Rough Puff Pastry

SIFT the flour and salt into a mixing bowl. Cut the fats into pieces about the size of a hazel-nut and mix them lightly into the flour. Pour the water into the centre of this mixture, stirring first with a palette knife and then with your hand. The dough should be just a little softer than that used for a short crust pastry.

Turn the dough on to a well-floured board and dust it with flour. Roll it lightly into a strip, making sure there is enough flour on the board and rolling-pin to prevent it from sticking. Next fold a third of the pastry away from yourself; then turn the top third down on to it. Give the folded pastry a quarter turn, with the folded edge to your left, so that it looks like a book about to be opened. Seal the open edges of the pastry by pressing them firmly with the rolling-pin. A certain amount of air will then have been folded into the pastry, and to distribute this evenly, press the rolling-pin twice across the width of the pastry and once along the length.

The pastry is now ready to be rolled again into a strip. (Remember always to roll it with short sharp strokes, thus keeping the air as far as possible inside the pastry.) Repeat the rolling and folding process three more times. Leave the pastry folded after the last rolling and leave it wrapped in a floured cloth for at least half an hour before you use it.

The Filling

PUT the milk in a saucepan with the blade of mace, sliced onion, and sprig of parsley, and heat it very slowly. *Slow heating is essential as it will allow the flavourings to be extracted and absorbed by the milk.* When the milk is nearly boiling, strain it to remove the vegetables and herbs. Rinse the saucepan and melt the margarine in it. Take

Join Us For Our C

Cake Decorating Day

Join *Woman's Weekly* editor, Diane, and the experts from Knightsbridge PME, who will demonstrate how to make wonderful stacked and multi-tiered cakes to impress friends and family.

Saturday 30 May

10am-10.30am Meet and greet with tea, coffee and cake

10.30am-12.30pm Creating Stacked & Multi-tiered Cakes with Paula Macleod

12.30-2.30pm Buffet lunch and mini demonstration:

- **Fabric Effects, The Easy Way** with Tony Warren
- **Cookie & Cakes** with Gemma Wiseman
- **Modelling In Chocolate** with Pauline Moody
- **Lettering And Inscriptions** with Janet Smith

Last chance to book

2.30-4.30pm Make And Take

A hands-on class in which you will create decorated celebration cookies using the skills demonstrated throughout the day, plus more great tips and ideas from the team.

Learn to Crochet

Our team of experts are looking forward to teaching you to crochet. Whether you've never even held a crochet hook or simply want to improve your technique, with our help, you'll soon be able to follow the gorgeous patterns you've seen in *Woman's Weekly* and in our monthly magazine.

25 August & 7 October

10am	**Meet and greet** with tea and coffee
10.30am	**Introduction**
10.45am	Holding your hook and yarn, chain, double crochet stitch
11.30am	**Tea/coffee break**
11.45am	Half-trebles, trebles and double-treble stitches
1pm	**Lunch**
2pm	Start on your very first crochet project
3pm	**Tea/coffee break**
4pm	**Question time**
4.30pm	**Workshop ends**

Choose from two dates

Intermediate Christmas Crochet

Some skill is required. Learn how to work in the round, complex lace stitches, changing colours, embellishing and stiffening.

2 October

10am	**Meet and greet** with tea and coffee
10.30am	**Introduction**
10.45am	How to work in the round and make circular decorations
11.30am	**Tea/coffee break**
11.45am	Finish off decorations and how to stiffen them
1pm	**Lunch**
2pm	Choose from a selection of projects and learn how to follow a pattern
3pm	**Tea/coffee break**
4pm	**Question time**
4.30pm	**Workshop ends**

WW's Knitting Assistant Freddie Patmore

To book your place please phone 0800 024 1212* or com

WOMAN'S WEEKLY 2015 WORKSHOPS Please complete this coupon and send it to: *Woman's Weekly* Marketing, Blue Fin Building, Room 06-N2-02, 110 Southwark Street, London SE1 0SU.

Event	Date	Price	Qty	Total
Cake Decorating Day in Enfield	30 May	£99		
Historical Novel Writing***	5 June	£75		
Poetry Writing**	12 June	£75		
Serial Writing	3 July	£75		
Learn To Crochet	25 August	£69		
Intermediate Christmas Crochet Day	2 October	£69		
Learn To Crochet	7 October	£69		
Serial Writing	9 October	£75		
		GRAND TOTAL	£	

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If you've bought more than one ticket, please give us the names of those attending with you

Name .....

Name .....

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Book By Phone MasterCard, Visa or Maestro cardholders can book a workshop on **0800 024 1212.** *Lines open Monday to Fr day, 10am-4pm, but closed bank holidays. Call charges from mobiles and non-BT landlines may vary

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reative Workshops

Poetry Writing Workshop

12 June
£70

With *Woman's Weekly* Fiction Editor Gaynor Davies and Alison Chisholm

10am **Meet and greet** with tea and coffee
10.30am **Talk** Why people write poetry, what it can do and how styles have changed
11.30am **Tea and coffee**
11.45am **Talk** Preparation and production of a poem
12.30pm **Exercise** Write an unrhymed poem about a childhood event
1pm **Lunch**
2pm Reading poem written earlier. The concept of the persona poem
2.30pm **Exercise** Writing a persona poem
3pm **Tea and coffee**
3.15pm **Talk** The value of revision. How to finish a poem and what to do with it next
4.15pm **Talk** Ideas for your next poems
4.30pm **Workshop ends**

Historical Writing Workshop

5 June
£75

With *Woman's Weekly* Fiction Editor Gaynor Davis and Suzanne Ahern

It would be a good idea to come to the workshop with a particular period in mind for your historical novel and to have done a little bit of research beforehand (maybe think about food, clothing, events of chosen era, etc). You can bring notes with you. Guidance will be given on how to use your research.

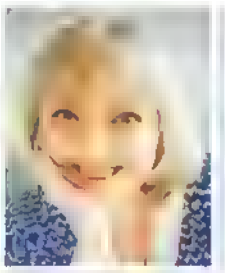
10am **Meet and greet** with tea and coffee
10.30am What makes historical fiction different from the rest?
10.45am Taking control of your plot: openings, pace, subplots, patterns and mirrors, flashbacks
11.30am **Tea and coffee**
11.45am Taking control of your plot – continued. **Exercise:** Write the opening para of your novel
1pm **Lunch**
2pm What makes a character?, whose story is it?, the emotional stakes. **Exercise:** Create a character for your novel
3pm **Tea and coffee**
3.15pm Let your character speak, writing realistic dialogue, types of speech. **Exercise:** Give your character a voice
4.15pm **Question time**
4.30pm **Workshop ends**

Serial Writing Workshop

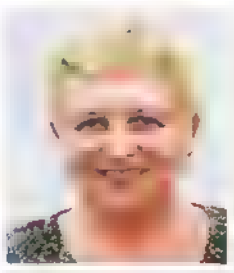
3 July & 9 October
£75

With *Woman's Weekly* Fiction Editor Gaynor Davis and Suzanne Ahern

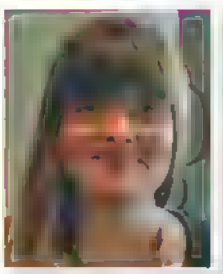
10am **Meet and greet** with tea and coffee
10.30am **Talk** Writing for the *Woman's Weekly* audience, with Gaynor
11.30am **Tea and coffee break**
11.45am **Talk** Introduction to serial writing, with Suzanne
12.30pm **Exercise** Getting started
1pm **Lunch**
2pm **Exercise** Creating characters
2.30pm **Exercise** Planning the plot and creating cliff-hangers
3pm **Tea and coffee**
3.15pm **Bringing it all together**
4.15pm **Problem solving**
4.30pm **Workshop ends**



WW's Gaynor Davies



Alison Chisholm



Suzanne Ahern

plete the coupon

Places are available at time of going to print. Tickets will be allocated on a first-come, first-served basis. *Woman's Weekly* has the right to change the itinerary of the day. Please note, tickets to these events are non-refundable, unless an event is cancelled or postponed. A guest-list policy will be in operation at the events. Shortly after purchasing tickets, you will receive confirmation: this is your ticket to the event, so please retain it for future reference. The Cake Decorating workshop is held at Knightsbridge PME's HQ in Enfield North London, all other workshops will be held at our offices. Blue Fin Building, 110 Southwark Street, London SE1 0SU. A buffet lunch is offered at the Cake Decorating workshop, lunch is not included at workshops held at the *Woman's Weekly* HQ. There is a canteen or you can bring your own lunch. There are also food outlets close to the office.

**If the poetry writing workshop sells out, an additional date of 21 August will be made available
***If the historical writing workshop sells out an additional date of 15 June will be made available

BREAKFASTS, SNACKS and leftovers

Start the day with a hearty meal and you shan't feel hungry for hours. And never throw anything away. Two rules I most certainly live by

1919

Luncheon Savouries and Sweets.

Here are some handy little recipes for using up small amounts of meat and fish to the very best advantage.—"CECILE."

Bramleys or Granny Smiths work best for the curry and cutlets

SAUCED MEAT.

Underdone meat is really best for this dish.

[illegible] pound of cooked meat, a small onion, half an ounce of dripping, half an ounce of flour, half a pint of stock, pepper and salt.

C[illegible] stir in the flour, add the stock, seasoning [illegible] cook till tender. Add the meat [illegible] and let it stay in the sauce for an hour before [illegible] turn it on to a hot dish, surround with mashed potatoes, and serve at once. A little more stock may be used if necessary.

COLD MEAT CURRY.

Those who have not tried an apple in the curry before will find it a great improvement.

Half a pound of meat, [illegible] tomato, a teaspoonful of curry powder, one and a half teaspoonfuls of flour, a little chutney and [illegible]

CUT the meat up. Fry the chopped onion in the fat, add the chopped apple and tomato. Mix the curry powder, flour, and chutney, and add. Put the lid on the pan, and cook for three minutes. [illegible] stock [illegible] juice to [illegible] to the boil, skim, and simmer for an hour. Add the [illegible] before serving with a border of well-cooked rice. [illegible] ounces of [illegible] good border.

BROWNED FISH SHAPE.

The white sauce used here is made with a quarter of an ounce each of butter and flour, a little [illegible] and pepper.

Half a pound of cold fish, half a pound of cold potatoes, white sauce and milk to bind, chopped parsley, anchovy essence, salt and pepper.

T[illegible] crumbs. Put in the mixture, and bake it in a moderate hot oven till firm. Turn out and [illegible]

LENTIL CUTLETS.

One apple, two tablespoonfuls of lentils, two mashed potatoes, salt and pepper, frying fat, a little [illegible]

PEEL and core the apple and chop it up in small pieces. Put it in a stewpan with the washed lentils and just enough water to cook them. Add the pepper and salt, and when the lentils and apple are reduced to a pulp add the mashed potato and stir all well together. Form the mixture into cutlet shapes, and if possible brush with beaten egg and coat with crumbs; failing these, brush each one lightly with milk, and dust with flour. Fry to a golden brown.

GOOD LEMON CURD.

If double quantities are made a dessertspoonful of cornflour will serve to thicken it instead of another egg.

One ounce of butter, one large egg, four ounces of sugar, the [illegible]

BEAT up the egg well, melt the butter in a clean pan; add the egg, sugar, lemon rind, and juice. Stir over the fire till the mixture thickens and is near boiling. [illegible] and cover [illegible] used at once.

LEMON AND

BAKED MEAT AND POTATOES.

Sliced tomato can be added in a layer if liked.

[illegible] of a pound of cooked meat, [illegible] a tomato, [illegible] of cooked potatoes, [illegible] of butter, a little milk.

CUT the meat in small pieces and put it in a [illegible] with the onion, pepper, and salt. Add a little gravy and tomato sauce. Warm the butter and milk; when hot put in the potatoes, add pepper and salt and mix well. Cover the meat with the hot potato, smooth the top, and brush with a little milk. Bake for three-quarters of an hour in a fairly hot oven. Serve with the rest of the gravy in a tureen.

COLD FISH PIE.

Any white fish can be used. The result is so appetising.

Half a pound of cold fish, salt and pepper, four or five mashed potatoes, half an ounce of butter, half a pint of white sauce, a little milk.

FLAKE up the fish with a fork and take out the bones. Mix it well with the white sauce; pepper and salt. Turn it into a greased pie-dish. Add the butter, milk and seasoning to the potato, mix it well, and put on top of the fish. Smooth it down, and mark with a fork. Heat it through thoroughly, then brown the top in a quick oven.

IN THE KNOW

Breakfast has been a 'moveable feast' over the centuries. It was frowned upon during Roman times, while the Industrial Revolution made it a neccesity for factory workers who ate not middle-class fare such as kedgeree but bread, butter and tea.

Browned fish remarkably good. Added ½tsp dried herbs to the fish/mash mix

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Simple ideas
And even William could make the bloater toast

1919

HANDY SANDWICH FILLING

Mashed potato, chopped onion, grated carrot, a small piece of dripping, a pinch of salt, a little tomato sauce.

TAKE a well-boiled onion and chop it up finely. Grate a raw carrot. Mix the dripping with the mashed potato and a little salt. The amount of potato is a matter of taste. Stir the onion and carrot into it with sufficient tomato sauce to flavour it nicely. Spread the mixture between the bread, and the sandwiches will be thoroughly appreciated either *hot or cold*. When used cold any cress, shredded lettuce, or cucumber may be used; and, of course, a fresh tomato thinly sliced is delicious with the other ingredients. Hot mashed potato, grated carrot, and seasoning make a good supper sandwich, to which grated cheese can be added when one can spare it.

USING UP WHITE FISH.

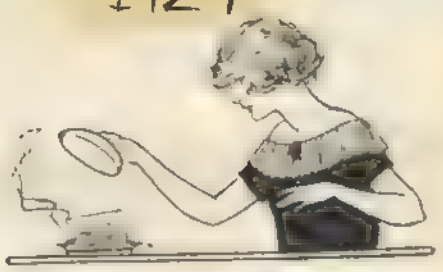
Two or three large, even-sized potatoes, salt and pepper, a little anchovy sauce, a small piece of margarine, some white fish.

SCRUB the potatoes very thoroughly, and dry them well. Place them in the oven or in front of the kitchen fire to bake through.

Remove the bones from any cold white fish, add salt and pepper to it. When the potatoes are tender, split each one lengthwise and scoop out a good spoonful of potato. Add this to the fish with a little fish sauce. Mix it well, then refill each potato liberally. On the top place a tiny piece of margarine. Slip the potatoes back in the hot oven to heat through again. Serve at once with a brown, thickened sauce.

Excellent snack for after the theatre

1924



Club Sandwiches

CLUB sandwiches are just the things for an impromptu lunch, nursery high tea, or supper after the theatre. Their possibilities are infinite, and anyone can make one.

Slices of toast, crisp and hot, cut either in triangles or squares, are the foundation, and between the toast all manner of good things can be stuffed. Delicately cooked bacon on the ground floor, for instance, a fried egg up above, and lettuce besprinkled with mayonaise up aloft, makes a delectable sandwich. Or cold chicken or fish, tomatoes, water cress, or endive can be used. The success of the sandwich depends on the fact that it is served piping hot, and the fact that it can take so many different forms means that it is, in fact, a new dish every time.

1924

FEBRUARY, 16, 1924

FIVE-MINUTE BREAKFAST DISHES

Some Dainty Recipes from Cecile for the Housewife-in-a-Hurry.

SAVOURY SCRAMBLED EGGS

Hot buttered toast.
Two eggs.
One tomato.
One and a half dessert spoonfuls of milk.
Two ounces butter.
Salt and pepper.

SKIN the tomato (if you pour boiling water on it the skin can be easily removed) slice the tomato thinly, then cut it into small pieces.

Melt half the butter in a small pan, add the tomato, and cook until soft, without browning it.

Melt the remainder of the butter in another small pan.

Beat up the eggs, stir in the milk, and seasoning to taste.

Pour into the melted butter, and stir over a low gas until the eggs begin to set. Add the prepared tomato and mix thoroughly. Serve on the hot toast.

SAVOURY SARDINES

Five sardines.
Five slices of bread.
Salt and pepper.
Grated cheese.
Fat for frying.

SPLIT open the sardines, remove the backbone and fit together again.

Place them on a baking-tin, and put into the oven to heat through.

Cut slices of bread about the same shape as the sardines, only rather larger.

Place them in hot fat and fry until golden brown and crisp, then drain on paper. Place one sardine on each slice of bread. Have ready some grated cheese, and sprinkle on each sardine. Season with pepper and salt. Put under the grill for a few minutes to melt, and slightly brown the cheese.

Serve hot on a dish paper.

BLOATER TOAST

Slices of bread.
Butter.
Bloater paste

MAKE the toast, butter it when hot, and then spread with bloater paste.

Cut into neat pieces, put into a warm oven for a few minutes to make thoroughly hot, and serve.

If liked, instead of bloater paste, use a bloater.

Either grill or fry it, remove the skin and bones, place the flesh on hot toast and serve.

PLAIN OMELET

One egg.
Pepper and salt.
Half an ounce of butter.

SEPARATE the yolk from the white of an egg. Beat up the yolk, and season with pepper and salt.

Add a pinch of salt to the white, and whisk it to a very stiff froth, then fold lightly into the yolk.

Melt the butter in an omelet pan. When hot, pour in the egg mixture and stir lightly to prevent it from sticking to the pan.

When it begins to set, push it towards the end of the pan, leave for a few seconds, then turn over, and leave again for a few seconds.

Serve at once on a hot dish.

NOTE.—This quantity makes just a very small omelet.

FRIED EGGS ON FRIED BREAD

Four slices of bread.
Four eggs.
Dripping.

MELT some dripping in a frying-pan; use good beef dripping.

Put in the slices of bread, fry until golden brown, but do not make very crisp, then turn over and brown the other side. Place on a dish, and keep warm in the oven.

Break the eggs carefully and fry in hot dripping for a few minutes until the whites are set.

Take up with a fish slice, drain off the fat, and serve one on each slice of fried bread.

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1924

LUNCH WILL BE READY—
IN A QUARTER OF AN HOUR

When a Friend "Drops In" or When You Are Hard Pressed for Time Try These Quick Dishes Cecile Has Planned

Lunch No. 1

GAMMON RASHER AND TOMATOES, BOILED RICE AND JAM

GAMMON RASHER AND TOMATOES

Time to prepare, 15 minutes.

One gammon rasher.
Few tomatoes.
Dripping (if required).

HEAT the grill and grill-tin for a few minutes. Cut the rind off the gammon rasher, place the rasher in the grill-tin, and cook for about ten minutes, according to the thickness, keeping it frequently turned. Wipe the tomatoes and cut into halves. These can be grilled with the rasher, or fried in a little dripping. They will take about fifteen minutes.

Serve the rasher on a hot dish, with the tomatoes on either side, and pour round the bacon fat.

BOILED RICE AND JAM

WASH the rice well. Allow about one good dessertspoonful for each person.

Put it into a saucepan of boiling water, to which a little salt has been added. Boil until tender. It will take about twelve to fifteen minutes.

Strain, and let it drain well. Serve hot jam with it.

NOTE.—If liked, the rice can be tied *loosely* in a pudding cloth and boiled. Be sure and leave sufficient space in the cloth for the rice to swell.

It will require a few minutes longer if cooked in this way.

Lunch No. 2

MIXED GRILL, POTATO FRITTERS, BANANAS AND JUNKET

MIXED GRILL

Time to prepare, 15 minutes.

One sheep's kidney.
One rasher of bacon.
One small cutlet.

SKIN the kidney, wash, wipe, and split open.

Heat the grill and grill-tin for a few minutes.

Put the cutlet on the rack of the grill-tin, and cook for about ten minutes. Add the kidney about two minutes later. Cut the rind off the rasher, and add still a few minutes later, and cook until the fat looks semi-transparent. Keep them all frequently turned during the cooking.

Serve on a hot dish and pour round the fat that has come from them. (This quantity is usually allowed for each person.)

POTATO FRITTERS

PEEL a potato, wash it, and cut into *very thin* slices, then dry well in a cloth. Mix some flour to a smooth thick batter with water.

Heat a lump of lard in a pan, sufficient to float the potato slices.

Put some of them into the batter and coat them all over.

When the fat begins to smoke, lift them into it, and fry until golden brown.

Drain on paper, coat, and fry the others in the same way. Serve on a dish paper.

BANANAS AND JUNKET

(Allow one gill milk and one banana to each person.)

One pint milk.
One dessertspoonful of castor sugar.
One teaspoonful essence of rennet.
Few drops of vanilla.
Four bananas.
Lemon juice. Castor sugar.

PUT the milk and sugar into a saucepan to warm.

When blood heat, pour into a glass dish, and stir in the vanilla and rennet. Leave until set, and serve.

NOTE.—This should be prepared before the mixed grill so as to give it time to get quite cold again, and set.

Slice or mash the bananas, sprinkle with lemon juice and castor sugar, and serve.

These should be prepared just before they are served, as they quickly go a bad colour.

1925

Something New to Try

ROLL up a soft roe in a slice of bacon and grill it. This unique savoury can be made in five minutes.

* * *

A DELICIOUS vegetarian dish is nothing but apple sauce and well-mashed potatoes. They go well together, especially if a little grated cheese is added.

* * *

A NOVELTY from Sweden is a chicken stuffed with prunes.

* * *

TRY Cheddar cheese and apple pie together, as they do in Canada.

* * *

A SHOULDER of mutton stuffed with sage-and-onion stuffing is good.

* * *

SLICES of apple fried with pork chops are very savoury.

More easy meal ideas for William to have a go at

1926

SANDWICH IDEAS

WHEN using cold meat, spread the bread with dripping, sprinkled with a little salt, instead of with butter. It makes a tremendous difference.

BOIL an egg hard, mash it down very finely with a fork and add just a suspicion of anchovy and spread it on the buttered bread.

BROWN bread is excellent for sandwiches, especially if banana sliced or mashed and spread on fairly thickly is used in between the bread and butter. These should be made just before they are to be eaten.

Grated chocolate between brown bread is very good.

Like: cold meat and dripping; egg and anchovy; apple, mash and Cheddar.
Dislike: chocolate/brown bread sandwich

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Fried, stale sandwiches: sounds terrible but they're marvellous (I'm ashamed to say!)

1930 WOMAN'S WEEKLY

LEFT-OVERS!

Whenever I discover a useful hint I always take note of it especially for my readers. Here are a few which I think you will find very useful.—CECILE

LEFT-OVER RICE PUDDING

COLD rice pudding that has become solid is excellent if cut into thick slices, dipped in batter and fried in deep fat.

STALE SANDWICHES

WHETHER sweet or savoury, sandwiches are also most appetising dipped in batter and fried.

Here is a recipe for a suitable batter that could be used for either.

INGREDIENTS FOR BATTER.

Three ounces of flour
Pinch of salt
Quarter of a pint of warm water
One and a half dessertspoonfuls of salad oil
One or two whites of eggs

SIFT the flour into a basin with the salt.

Pour the oil in the centre, then add the warm water gradually and mix to a smooth batter.

Beat it well, and let stand an hour or more, and when ready to use, whisk up the egg whites stiffly and fold into the batter.

To Use Yolks.—When egg yolks are left over, they will keep better if a little water is mixed with them, thus preventing them from getting dried.

Or they may be utilised in endless ways, such as for making a custard, glazing pastry, mixing short pastry, in small cakes, or in sauces, etc.

STALE CHEESE

A PIECE of stale cheese is most useful for grating, because hard and stale cheese grates quite easily and more finely, than the new.

Thus grated cheese saves time when making cheese sauces, Welsh rarebit, or other savoury dishes, etc.

LEFT-OVER FAT

ANY left-over fat from a joint or from a piece of boiled bacon, if rendered down, can be used for fat frying.

When "rendered down," it is better to put the fat through the mincer; as in this way more grease can be drawn from it when it is put into the oven to melt.

Do not burn the oven gas especially for this, but put it in when you are using the oven for any slow-cooking process.

LEFT-OVER MEAT

ODD pieces of left-over meat which, perhaps, are not sufficient to make a hash or a mince, may be put through the mincer and well seasoned and then used for a sandwich filling.

Sometimes I use up small pieces of left-over grilled steak in this way. A little horseradish may be added to flavour, and dripping used instead of butter to spread on the bread.

Pieces of cold stewed steak may also be used in this way, in which case use butter on the bread as it is a little less rich than the dripping, and omit the horseradish, as this kind of steak has usually already been flavoured with vegetables.

1937

SAVOURY OMELET

MY METHOD

Three-quarters of an ounce of butter
Three eggs
One and a half tablespoonfuls of milk
One level teaspoonful of chopped parsley
Salt and pepper

BEAT up the eggs lightly, just enough to mix the whites and yolks. Add the finely chopped parsley and stir in the milk, adding pepper and salt to taste.

Melt the butter in an omelet pan and when hot, pour in the eggs.

As the edges begin to set, fold them over and let the uncooked egg run to the edge of the pan.

Continue until creamy, folding it over towards the handle of the pan. When cooked, turn on to a hot dish, garnish with parsley and serve at once.

VARIATIONS

ADD a pinch of herbs in addition to the parsley, or a little onion juice or finely minced shalot.

The milk may be omitted and only eggs used.

Just a seasoning of pepper and salt may be used, without the additional flavouring.

To make a cheese omelet, add a tablespoonful of finely grated cheese to the eggs.

To make a sweet omelet, add one teaspoonful of sugar to the eggs and serve with hot jam.

For fail-safe omelets, skip the jam variation though — it's rather odd

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1946

CÉCILE'S COOKERY CORNER

Sardines Are Plentiful, And When You Are Tired Of Serving Them Cold, Try Them This Way

Sardine Fishcakes

A Savoury Supper Dish

THE INGREDIENTS

1 tin of sardines; 1 tablespoonful of Worcester sauce; ¼ pint and 2 tablespoonfuls of water; 3 ounces flour; salt and pepper; 1 level tablespoonful of dried egg; 1 tablespoonful of water; breadcrumbs; fat for frying; some mashed potato.

MY METHOD

SIFT the sardines from the oil, and remove the backbone and tails, then flake up the fish.

Mix the flour to a smooth paste with some of the water, then stir in the remainder, turn this into a saucepan, add the Worcester sauce, and bring to the boil, keeping it stirred. When it is ready the mixture should form a smooth soft paste.

Remove it from the heat, add the flaked sardines, and season with salt and pepper. Turn it on to a plate, spread evenly, and leave until cold and firm. If the mixture then seems too soft, add a few breadcrumbs. Divide this into six portions, and shape into balls, and then into round cakes with flat tops, using a little flour, if the mixture sticks.

Sift the egg, and mix it to a smooth paste with the water, brush the cakes with this, and coat with breadcrumbs, and shape up again. Heat the sardine oil, and a small piece of fat, in a frying pan, fry the cakes until brown on one side, then turn them over, and brown the other side. Drain on paper, and serve each cake topped with some hot mashed potato. Some more Worcester Sauce may be served with the cakes.

IN THE KNOW

In the first half of the 20th century the home cook had far less produce to choose from, but was hugely resourceful with how she used it. Anyone fancy chocolate cake made with potato or an omelet made with bread?

If no Worcester sauce, use molasses mixed with red wine vinegar and lemon juice. Piped potatoes are attractive

1945

CÉCILE'S COOKERY CORNER

Golly — these are an absolute wonder. Can omit the sultanas and replace with other chopped dried fruit

Fruit Dumplings

These Require Very Little Fat, And Take Only A Short Time To Cook

THE INGREDIENTS

6 ounces of self-raising flour
1½ ounces of fat
1 dessertspoonful of sugar
3 saccharins
½ level teaspoonful of ground cinnamon
3 ounces of sultanas
1 level tablespoonful of dried egg
About 4½ tablespoonfuls of water

FOR THE SAUCE

½ ounce of flour
½ ounce of margarine
¼ pint and 2 or 3 dessertspoonfuls of water
1 level dessertspoonful of sugar
Vanilla or almond flavouring

MY METHOD

WASH and dry the fruit. Rub the fat into the flour, sift and measure the egg and add with the sugar, spice, and crushed saccharins. Add the prepared fruit, and mix all together, then stir in enough water to make a soft dough.

Divide this into seven [illegible], and shape into dumplings. [illegible] the bottom of the steamer, and put in the dumplings. Cover them with a greased paper, and steam for thirty minutes, then serve with a thin sauce.

To Make The Sauce.— Melt the margarine, add the flour, and stir until well blended. Stir in one quarter of a pint of the water gradually, and bring to the boil, then add the remainder of the water as required, to make a thin sauce.

Cook it gently for a few minutes, and add sugar and flavouring to taste, spoon a little sauce over each dumpling, and serve the remainder in a sauce boat.

VARIATIONS

EITHER dates, raisins, or currants [illegible] and may be added in [illegible]

The mixture may be steamed in a basin and then longer time will be required.

Marmalade, thinned down with a little water, and boiled up, may be served, in place of the sauce given.

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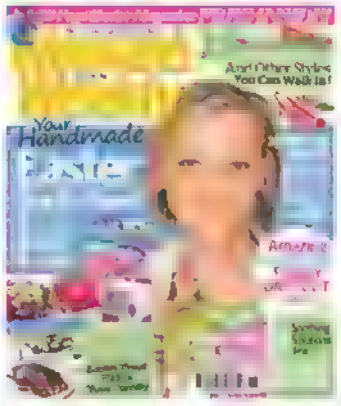

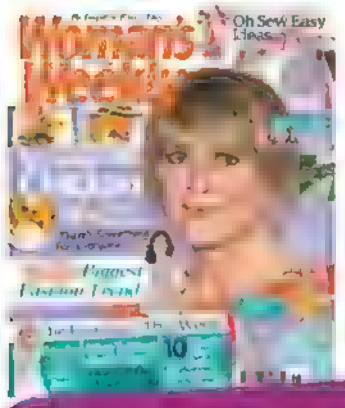

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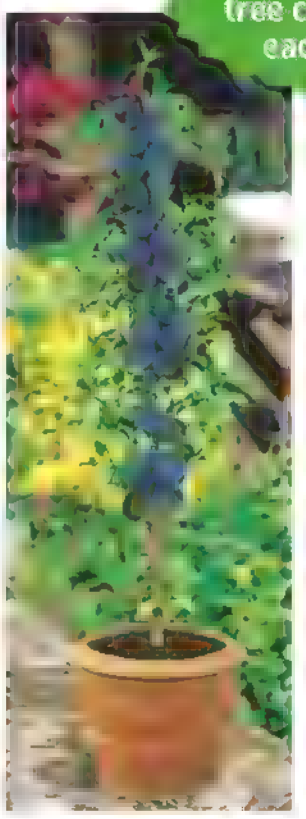
Woman's Weekly Plant Offer

Mini Fruit Trees

Pick delicious fresh fruit from your very own garden

Save up to £25 on fruit trees – buy the mini tree collection (one of each) for £34.95



Plum 'Black Amber'

Cherry 'Sylvia'

These miniature fruit trees are specially bred dwarf varieties which produce fruits on stems reaching only 1m tall, so they're perfect for the patio. Supplied in 9cm pots; grown 30-40cm.

Apple 'Gala' mini tree – sweet, juicy flesh surrounded by crisp reddish skins. This variety is at its best when grown in the British climate. Buy one for £11.99.

Apple 'Golden Delicious' mini tree – enjoy the sweet golden-skinned fruit of this popular variety. Buy one for £11.99.

Pear 'Doyenne du Comice' mini tree – a dwarf variety which produces large pears on small stems. Buy one for £11.99.

Plum 'Black Amber' mini tree – deliciously juicy, thick-skinned plums during late summer. Buy one for £11.99.

Cherry 'Sylvia' mini tree – compact-growing habit and, once established, produces sweet cherries in July. It also acts as a decorative feature with its dark green leaves turning orange and red in autumn. It also produces delicate cherry blossom in spring.

Deputy Editor's Gardening Tip

Short of space but want your own tasty, home-grown fruit? These trees are the answer!
Geoff Palmer

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1919

SEPTEMBER 27, 1919

Our Gardening Chat.

By FANNY BENNETT, F.R.H.S.

IN THE KITCHEN GARDEN

UNLESS vegetables are very carefully watched at this s[illegible]on they [illegible]e to produce. I find that many beginners [illegible] then produce much too long on the plants. There [illegible]e ways of keeping vegetables fresh, and if such things as peas, [illegible], marrows and cucumbers are left long enough for the seeds to [illegible]den you will get no more.

MARROWS AND CUCUMBERS.

MARROWS and cucumbers will keep fresh for days if the stems are placed in some vessel that only admits the stems. Glass jars with small necks will do. Marrows to be kept through the winter sh[illegible] all be placed in string bags and slung in a cool, dry place. When suspended by the stems, the weight of the fruit often causes them to break away.

PEAS AND BEANS.

PEAS should be cooked as soon as possible after gathering, as they soon lose their sweetness; but if not wanted at the moment, wrap them up in an old damp curtain, and plunge them into water for a time before using.

Runner and French beans will keep in the same way. E[illegible]n when [illegible] [illegible]ll plump up quite fresh after being in water for a while.

Tho[illegible] with allotments some distance from home, gathering produce for [illegible]ral days, should always [illegible]e peas first in preference to bea[illegible]

SALADS AND HERBS.

TO keep lettuces fresh for a time pull them up by the roots and stand the roots in water, keeping it well away from the leaves.

Salads or herbs should be wrapped in a clean damp cloth rather tightly, or place them under a flower-pot which has been soaked in water for an hour or so. Pots so treated absorb quite a lot of moisture, which is again thrown out for the be[illegible] under them.

Parsley, mint, [illegible] kept for days should be [illegible] [illegible]n and covered [illegible]r. You will find th[illegible]h better plan than putti[illegible]t in water.

FROSTY EVENINGS.

THE evenings are now very dewy, and marrows should [illegible] small piece of wood or slate [illegible] under them as soon as they a[illegible] a fair size, otherwise the un[illegible] will bec[illegible] to say nothing of any [illegible] frost threatens, prot[illegible] if practicabl[illegible] first. [illegible] they are saved, [illegible] tember frost arrived early in the month, and all un[illegible] came to grief, although it only lasted a few days [illegible] [illegible] lasted for many weeks with a very slight protection, [illegible] the plants.

BRUSSELS SPROUTS.

WHERE Brussels sprouts [illegible] making too much greenery, a few of the lower leaves may b[illegible]ent away for the sun and air to reach the buttons. Keep a [illegible] look-out for caterpillars on all greens. Hand picking is the on[illegible]ay to get rid of them, and they love to nestle in amongst the v[illegible]y innermost leaves of cabbages, etc.

If you have an asparagus bed see that the feathery greenery is confined by placing a cord right [illegible]und the bed and staking it at the four corners. It is very bad for [illegible]e crowns coming along under the ground to have the foliage blowing about.

AMONGST THE FLOWERS.

READERS living in the country, or in towns with well-drained gardens and light soil, should certainly make a sowing of half-hardy and hardy annuals. Autumn sown [illegible] flower so much earlier the following season, and are generally [illegible]r plants; for, after all, Nature sows her own seeds in the autumn [illegible]nd very well she does it if we consider the wealth of bloom amongst the wild flowers.

Some of the prettiest to sow are poppies of different kinds, candytuft, clarkia, godetias, and many others. These annuals should be sown [illegible] if too thick.

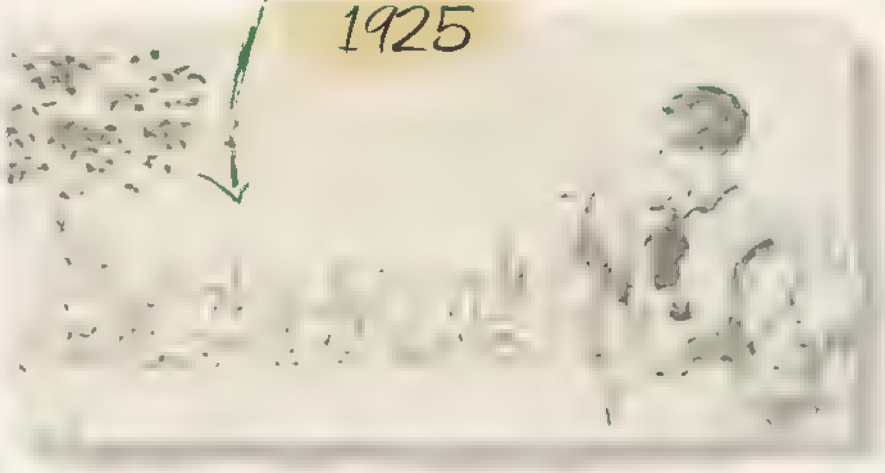
If severe weather sets in, they may be protected quite easily by placing a piece of old matting, or anything else convenient, over them, raising it slightly from the ground [illegible]ith short st[illegible]

* Take herbs off the stalks to preserve them better

* Bags for storing marrows

My dream garden! To inspire me when I'm outdoors in the rain

1925



My very own HOMEGROWN HARVEST

I wouldn't say my fingers were bright green, but I'm quite pleased with some of my planting and rearing attempts, despite crows and foxes

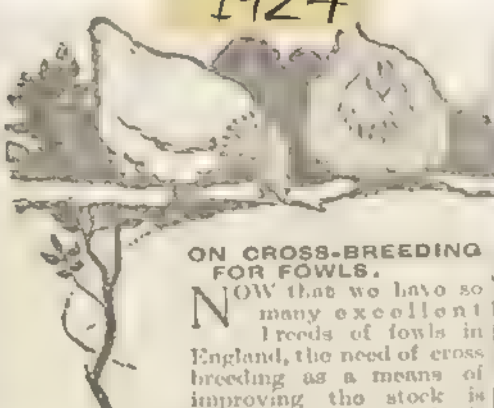
IN THE KNOW

In 1925 the Allotments Act ensured local authorities could not sell them off without Ministerial consent. They became invaluable during the economically tough interwar years as a way for the poor to feed themselves.

Find salsify seeds

Taste like oysters apparently

1924



ON CROSS-BREEDING FOR FOWLS.

NOW that we have so many excellent breeds of fowls in England, the need of cross breeding as a means of improving the stock is rarely necessary. Still, many fanciers stick to cross breeds in preference to pure bred stock. Experimenting with first crosses is doubtless interesting, but whether any improvement can be wrought by doing so is open to question. In cases, however, where too much in-breeding has been practised, and the stock weakened, a judicious introduction of fresh blood will do much to put matters right again. Here the mating together of birds of two different pure strains is to be recommended. Chickens from such a union would be "first-crosses." The owners of such birds tell us that they frequently turn out to be better layers or table fowl than the pure stock. There is shortly, so I hear, to be a laying test held for first crosses. This would be interesting, for it would help to settle the much discussed question as to whether pure breeds or first crosses are the better layers. Personally, I always recommend the keeping of pure stock. At the same time there is much to be said in favour of these crosses.

Rhode Island Reds and Sicilian Buttercups are good layers

1924

When Chickens [illegible] Cramp

By an Expert

THERE [illegible] amongst amateur [illegible] about their chickens [illegible] cramp. This is due in a large measure either to over feeding, over crowding, or running the chickens on hard boards [illegible] overheated brooder, with no out[illegible] run attached.

Conditions like these cause a sort of leg weakness which rapidly carries off the chickens. Coddling is always dangerous. What the chicks need is 90 degrees of heat in the brooder for the first few days, which must be gradually lowered. It should be remembered that if the thermom[illegible] stands at 90 degrees before the chic[illegible] are put in the brooder, it will rise ve[illegible] considerably when they are in. The thermometer, therefore, must be watched, and the lamp lowered as the temperature r[illegible] Far more harm is done through overheating than under-heating.

KEEP THE RUN SWEET

IN addition to this, a thick layer of peat moss should be placed on the floor of the brooder, and every encouragement given to the chickens to run out of doors. When space permits, this run should be moved daily on to fresh ground. When, however, this is impossible, the run should be swept over with a stiff brush after the chickens have been shut [illegible], and a fresh sprinkling of gravel or ashes placed on it to freshen it up. Anything in the nature of sour ground soon kills off the chi[illegible]. The only real cure for leg weakn[illegible] is exercise, and plenty of it.

1925

THE MOST VALUABLE VEGETABLES TO GROW

By FANNY BENNETT, F.R.H.S.

Some vegetables contain more nourishment than others, so it is well to know the most valuable ones to grow in your garden

A READER wrote to me a short time ago and asked me if I thought a healthy person could live on a vegetarian diet and keep well. Speaking from my own personal experience I think they can, undoubtedly.

For six months I did not touch any animal food whatever, but lived almost entirely on vegetables, eggs, and fish, and I was never in better health. So, for the benefit [illegible] those who live to a great extent on vegetables, I am going to give the food value of some of the easiest crops to grow now we are in the seed[illegible]ing stage of gar[illegible]

The first vegetable I ever had in France was a dish of salsi[illegible] [illegible] it has been a [illegible] vegetable of mine ever since.

Curiously enough, this vegetable, which has the highest food value, is seldom grown by the average small gardener, although it is widely culti[illegible] in the gardens of the great.

SALSIFY

FOR those who do not know salsify by sight, it is much like a small parsnip, and is no more difficult to grow than carrots or turnips. It may be seen at the best greengrocers' when in season.

The flavour of salsify much resembles oysters, and it will grow in any deeply dug fairly rich soil free from stones. If the soil is stony the roots will be spoilt, as they have not the strength, as a stro[illegible] carrot or parsnip, to work their way round such impedimenta.

Sow the seeds in groups of three or four just as you sow parsnip seeds, in drills half an inch deep, and thin out to one strong seedling when the plants are three inches high. If you want more than one row of the valuable vegetable, the [illegible]

OTHER VALUABLE VEGETABLES

NEXT in food value to salsify come green peas, potatoes, Jerusalem artichokes, borecole, celeriac—much too rarely grown, but having about [illegible] times the food value of celery. Celeriac is much like a rough, ugly turnip, and is delicious [illegible] grated raw [illegible] itself.

[illegible] food, [illegible] I would [illegible] on those readers [illegible] cabbages and savoys the [illegible] more room to the [illegible] when planning for winter greens. Of course, spring and summer cabbages cannot be replaced by savoys because savoys are a winter variety of greens.

After the savoy come carrots, French beans and yellow turnips, those lovely golden balls sometimes called orange jellies, leeks, and cauliflowers. The rest of the vegetables, both roots and those grown for their pods and leaves, and the gourds, do not contain much real food, although please do not forget that many of them are full of iron and health salts, which are very im[illegible]ant for our well-

MEDICINAL VIRTUE

THERE is hardly a vegetable that does not contain some medicinal virtue good for some complaint or other, such as asparagus for kidney trouble, [illegible], both raw and [illegible]ked, for sufferers from rheumatism, spinach and watercress for those whose blood is deficient in iron, and, although one would hardly connect [illegible] with savoys, next to green peas the [illegible] yields the greatest amount of fat [illegible] the vegetable kingdom. There is just another point I would like to mention, and that is the great virtue in many root vegetables lies just beneath the skin.

Potatoes, especially, contain the most important material immediately under the skin, and when people decry potatoes as a food, and others uphold them and say "Look at the Irish! What fine men and women they are; many of them live almost entirely on potatoes," you must remember that the Irish invariably have their potatoes brought to the table in their skins. I have partaken of potatoes in Ireland served in silver bowls and brown earthenware vessels, but in both [illegible] and if the vegetal[illegible] in Ireland as it is by [illegible]ny English cooks I doubt very much whether the Irish would be the brawny [illegible] they are.

The Young Chickens

CHICKENS should be moved on to fresh ground daily. When, however, this is impossible, the runs should be swept over with a stiff brush before letting the chickens out in the morning, to remove all the droppings. For the same reason, the litter ought to be frequently changed. You cannot be too careful in matters like this if you wish to rear the chicks to healthy pullethood.

How to Guard Against Their Enemies

How You Should Feed Them

BEE-KEEPING IN WINTER-TIME

1930

THE winter months are always trying ones for the bee farmer, and many bees are lost through ignorance of the correct methods to pursue.

There are three rules to follow in order to ensure success: (1) To have good and strong colonies of bees; (2) to supply them with plenty of good food; and (3) to pack them warmly and give them adequate ventilation.

[illegible] the first point, i.e., strong colonies. The stock should be carefully overhauled, and if any colonies are found to cover fewer than seven frames, they should be united in order to form one strong colony, the best of the queen [illegible] retained to head it.

TO UNITE A COLONY

TO unite a colony place the hives side by side, after having removed five of the frames out of each hive. The bees must be shaken off these on to the

remaining frames. Have a dredger of flour ready and whilst the hives are together, dust the bees well over with it. Now place them all together in one hive, alternating the frames. The bees will unite in quite a friendly manner when the empty hive has been removed. Some people cage the queen on a comb during the operation, releasing her at the end of twenty-four hours.

WHEN THERE IS NO QUEEN

SHOULD any colony be queenless a new one should be supplied with as little delay as possible. It is usually an easy matter to detect a position of this sort, for when a colony loses its queen the bees become very restless and search about in a state of excitement for her. They will do this for several days, during which period the work of the hive is neglected, and unless a new queen is supplied to them they will become both listless and apathetic.

WINTER FOOD

THE second point to consider when wintering bees is to supply them with plenty of good food. Thick syrup is the correct thing to use. Place it in a [illegible] feeder and give it to the bees at night. They will have cleared it up before morning. Great care must be taken not to spill any of the syrup about the place or it will attract "robbers." Also keep the feeders carefully covered, for the same reason.

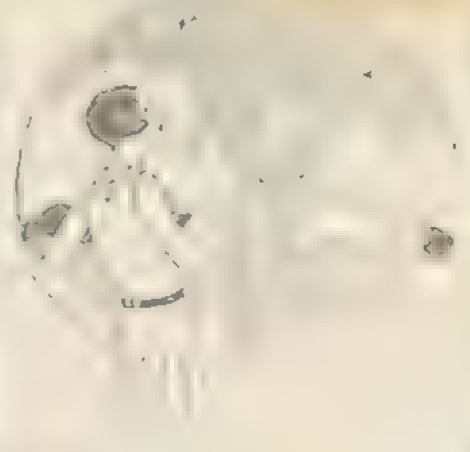
THE WAX MOTH

THE third point to consider is warm packing and ventilation. As a precaution against wax moth and "foul brood," it is as well to procure some naphthalene balls. Split these in half and place four pieces in each hive, on the floor board at the back. Next take two sticks about a quarter of an inch thick and sixteen inches long, and place them across the frame tops of each hive. They should be about three inches apart, the idea being to make passage ways for the bees from one comb to another. On the top of this lay the quilts. There should be at least four for these, in order to ensure sufficient warmth for the bees. First place a piece of stout calico next the frames before adding the quilts, which can be made of thick felt or pieces of carpet. Finally examine the roof to be sure that it is perfectly water-tight, for should any damp get through it will, most likely, be fatal to the bees.

VENTILATION

THE question of ventilation must not be overlooked. As soon as all [illegible] of robbing is over and the bees have settled down, open the [illegible] to the width of about nine [illegible] in order to supply abundant ventilation. But it is wiser to protect the entrance with a piece of fine wire netting, leaving only sufficient room for a bee to pass in and out, otherwise there is a danger of mice entering

Bees this year?
Recommended — pigs manure or dried poultry dung for fruit trees



HELPING THE FRUIT TO GROW

You Must Keep Your Fruit Trees Well Pruned

FROM the moment the blossom has fallen and the fruit trees begin the serious part of their yearly routine, everything possible should be done to help them.

If they set a very large crop of fruit in clusters, a little judicious thinning will be most beneficial.

I would not do it until the fruits are over the early stages of their babyhood, because nature herself will take toll of them when the heavens weep and the strong winds blow; but a little later on it is advisable to mount the garden steps and reduce some of the bunches of fours and fives down to two.

You may *not* have quite so many apples to pick in the autumn, but those you do will be bigger and healthier in every way.

A GOOD LAYER OF MANURE

MULCHING the surface soil with a good layer of manure is another very good thing, because it not only feeds the tree, but keeps the soil [illegible] as well.

All trees love the sunshine, and when in the early summer the surface soil gets warm, the working [illegible] down below put forth roots to find a home in these comfortable surroundings.

Then as the summer advances and the sun increases in power, the surface soil gets too hot, with the result that these newly-formed roots are scorched up.

Naturally, this is a great check upon the tree at a time when it needs every [illegible]

[illegible]ding a surface mulch, therefore, not only feeds the soil, but keeps it cool

PRETTY practicals

They may be everyday things, or only brought out on special occasions, but I've made them myself and that's what matters

1919

KEEP OUT THE FLIES.

YOU *must* keep the flies out of the milk and other foods, as you don't know from what dirty place they have just flown.

You want a cover that will keep out foreigners, but at the same time let in the air, so here is the very thing. Take a piece of net or old lace and cut into a circle—if fine, cut two circles—turn a hem on each about one-eighth of an inch in diameter, and oversew the edges together or machine them down.

The cover illustrated measures seven inches in diameter, and has forty-two beads all round. These are just the cheap variety of glass beads usually sold to the children. If you want them for the tea-table, you can get pretty cut beads of lighter weight, and in pretty shades to tone with your china.

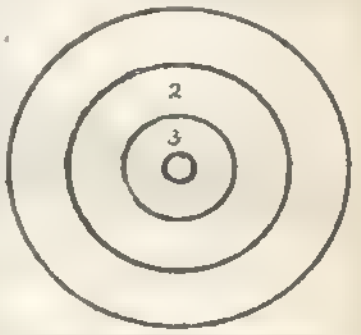
TO WORK THE EDGING.—I used rather coarse crochet cotton, No. 20, with a No. 4 steel hook, with the larger beads, but the material depends on the net centre and the size of beads. You must thread all the beads on the cotton before beginning to work; * 1 d.c. through the edges of the net together, 6 ch., push up a bead right against the crochet hook, 6 ch.; repeat from * all round. Fasten off securely.

1919

A DAINTY TABLE MAT.

NICELY chosen mats mean a much longer use of table linen, and, perhaps, most important of all, they prevent unsightly markings of the table by hot plates.

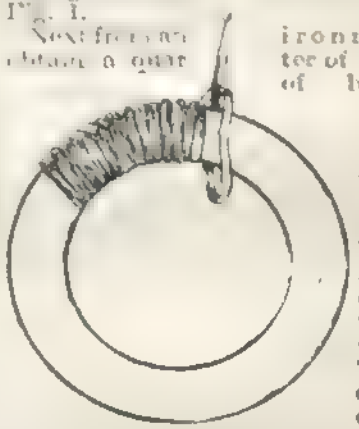
Anyone, at a cost of a few pence, can make, in odd moments, a set of mats that would grace any table.



This shows you how to cut the cardboard.

First obtain any old cardboard box, those like hat or blouse boxes will do quite well. Next take an ordinary pudding-plate, and, holding it upside down on the cardboard, mark a circle. Cut this out and then mark a very small circle, about an inch across, in the middle of the larger one. Cut this out also. Then divide the card into three more circles, and cut these out. When this is done, you should have three circular pieces of cardboard all fitting one inside the other, as in Fig. 1.

Next from an ironmonger's obtain a quarter of a pound of bass, or raffia, costing ninepence per quarter. This is sufficient for three mats. Take each circle and cover it carefully with the raffia, winding it over as for buttonholing (see Fig. 2), and finish it off with a darning needle when the entire circle is covered.



Cover the circles with raffia—in buttonhole stitch.

The mat complete. A set of three can be made for ninepence.

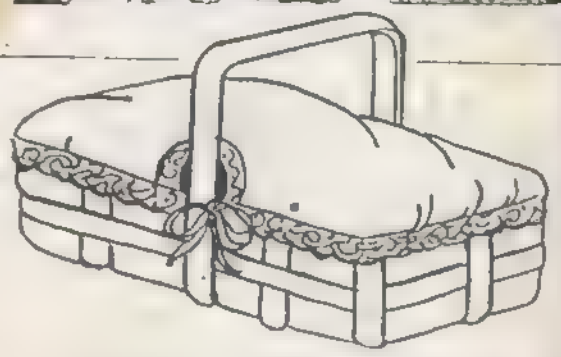
When the three circles are covered lightly stitch them together with bass—one inside the other.

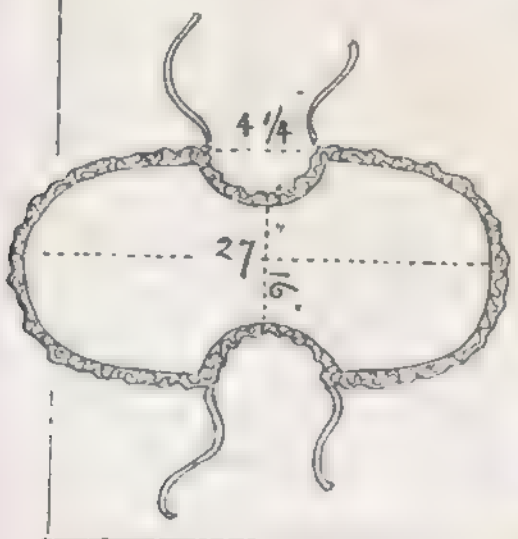
Simple and serviceable ideas to get started on

MAKES

1924

A Cover for Your Picnic Basket





THIS isn't a dress notion, I know, but it is such a nice thing to have, if you take meals out of doors, that I felt I must pass the idea along.

A picnic basket, with oddments sticking out in all directions, is not a thing of beauty. It is much nicer to have all the good things hidden and out of the dust!

This cover is cut from some strong, unbleached cotton material.

The place left for the handle at each side measures about four and a quarter inches across. A border of cretonne one inch wide is stitched around the edges. Or just decorative "stitchery" in coloured washing thread would look attractive.

The cover can, of course, be made to fit any basket.

IN THE KNOW

The 1920s and '30s saw a boom in home crafts magazines that allowed women self-expression and much-needed opportunities to earn a salary at home.

Sweet idea — could embroider with a monogram and give the cover and picnic basket as a gift

1925

"A Thing of Rags and Patches"

AN odd piece of thick navy blue pilot cloth or tweed suiting, 6 inches wide by 9½ inches long, is required for this quaint match-striker, shaped to make it resemble a pair of trousers. Two rounds are cut from a sheet of fairly coarse emery paper, and these are seccotined on after you have written on the one "Scratch your Matches," and on the other "On my Patches."

Two small metal buttons are sewn on to the top, and half a yard of emerald green or any other bright-coloured ribbon is attched to the back to hang the little article from a gas bracket or a small nail.

Ah, Johnny would appreciate this hanging in his shed

1926

A Black Cat Teapot-Holder

To Bring Luck to a Friend

TO make this furry little cat teapot-holder you will require a small oval-shaped piece of black plush or velvet for the head, another piece of black plush, shaped like the diagram, for the body and tail, and a piece of orange sateen, also shaped like the diagram but without the tail, for the lining.

Stitch up the tail and stuff with cotton wool. Sew the sateen lining to the plush body.

Now fold the smaller plush oval in two, lengthways. Cut off one end of the oval, join the *rounded* part together, so that just half the oval is joined, and stuff with cotton wool. This makes the cat's face. Then turn the other half over to make the back of the head, catching it in the middle of the square end right through the cotton wool stuffing to the chin of the cat. You will then find that you have formed two points which should be sewn into shape to make ears.

White thread should be used for the whiskers, yellow beads for the eyes, and a tiny black bead for the pupil. The nose is a red bead. Join the head to the body, and tie a pink or yellow ribbon round the neck, and your cat is finished.

The little diagram below shows you the shape of his body

1926

Paint all our faces on egg cups!

An Amusing Egg-Cosy

For the Little Ones

THE egg-cup itself can be bought for a few pence, at most large stores, the cosy is the work of a few minutes. Any scrap of two-ply or fine wool and 4 fine knitting needles will serve. Cast on 70 stitches or more, according to the size of the cup, join as for a stocking, and knit round and round plain for 35 rows, then cast off. Draw the top together rather tightly, and having cut a dozen or more short strands of wool in a contrasting colour, attach these firmly to the top to make a tassel. Finish off by running a thread of the same wool through the foot of the cosy and tying in a small bow.

A mouse or fox, too!

MAKES

Just the thing to add some jollity to the tea table,
One in periwinkle and one in primrose

1931

THE SUGAR IN THE COCONUT

QUITE a delightful sugar basin can be made from half a coconut. The shell must not be cracked.

First of all remove the fibre from the outside by soaking it and then scraping with an old knife. Scrape out the inside, and then rub it well inside and out with sand-paper until the veins in the shell can be seen. Clean it well, and polish with furniture polish.

Insert four conical headed nails for feet in the base of this sugar basin, and bend over the points inside. It is really most effective this family sugar basin which holds such a nice lot of lumps!

1937

Convolvulus Cutwork

For An Afternoon Tea-cloth

TO work all the motifs you will need four skeins of "Anchor" Stranded cotton and Transfer No. M.H. 964.

Cut out one motif and one linen tea-cloth.

Outline the whole design with small running stitches to form a padding.

Buttonhole-stitch over this padding, making the knotted edge where the linen will be cut away later. Stem-stitch the leafy veins and flower markings.

Press well on the wrong side and cut away the background.

Transfer No. M.H. 964, price 6d. post free, can be obtained from WOMAN'S WEEKLY *Transfer Department, 31, Wellington Street, London, W.C.2.*

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Love pinnies! *And why not have a choice? I do spend quite a lot of my life between the kitchen and dining room*

1937

1946

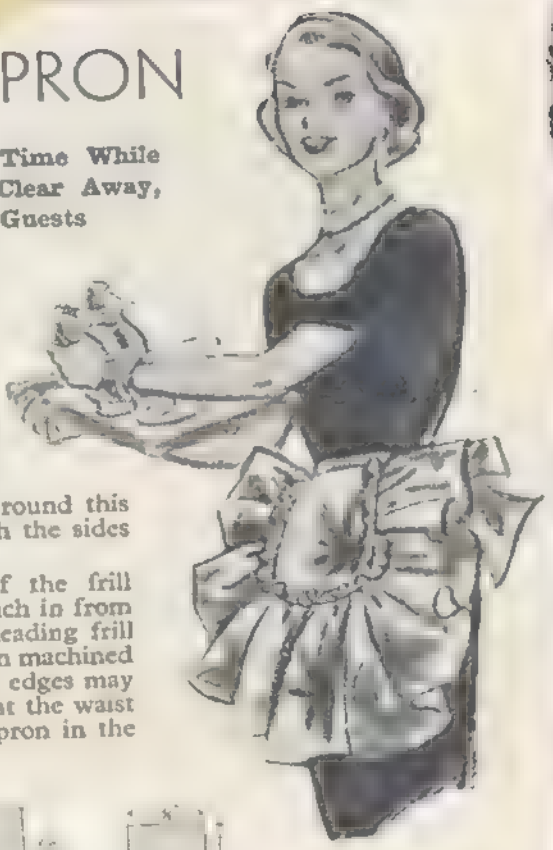
1957

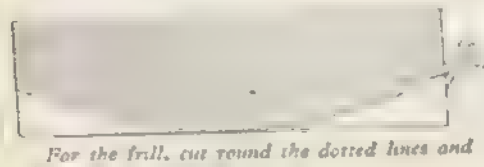
HOSTESS APRON

Look Attractive All The Time While You Prepare The Meal, Clear Away, Or Wait Upon Your Guests

THIS pretty apron is made from a remnant, the prettier the material the better, naturally. The one we saw was created from an odd left-over piece of furnishing sateen, with big red poppies on a pale blue ground. The centre of the apron is like a bib, eight inches across by ten inches deep and curved round the base. All round this bib goes a wide gathered frill with the sides made very slightly narrower.

After hemming both edges of the frill and the ends, it is gathered one inch in from the inner edge so that a tiny heading frill goes on to the bib. The frill is then machined round on the gathering line. The edges may be picoted if preferred. A band at the waist with ties at the back finish the apron in the usual manner.





For the frill, cut round the dotted lines and

The shape of the bib section.

Suitable materials for this attractive apron are ..., satin, organdie, polished cotton, gingham and printed rayon.

MORE RULES OF EAT-IQUETTE

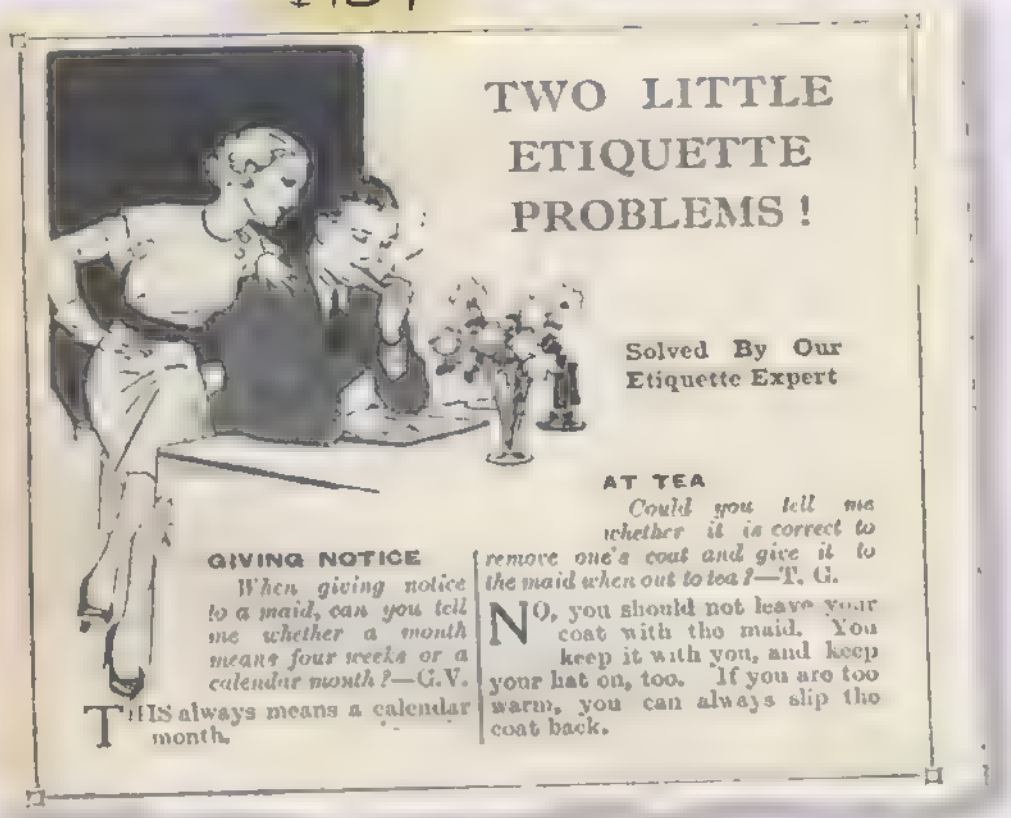
1930

*Buy new grapefruit dishes — but will they do for fruit salad, too?

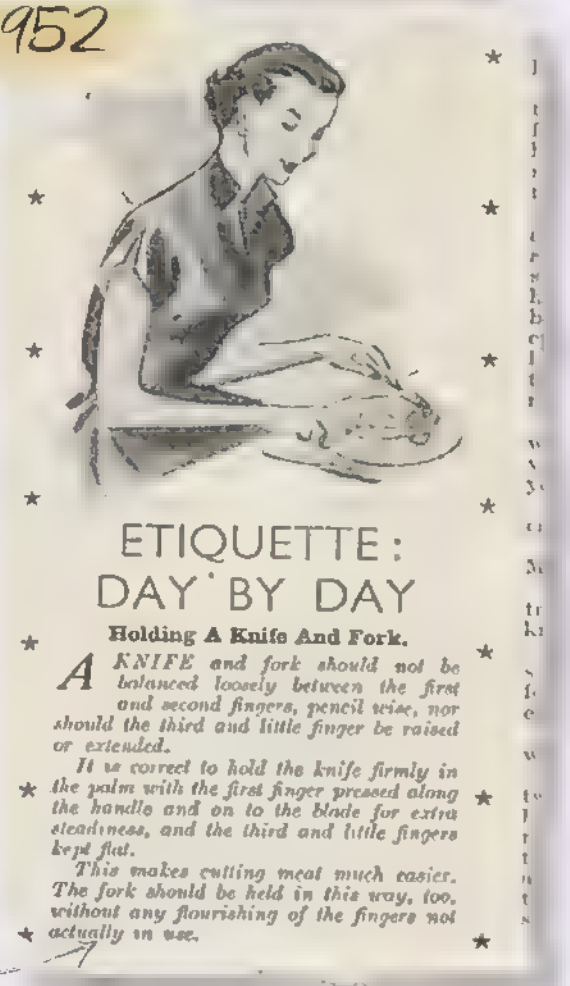
Turning bread into scraps for the puppy — guilty as charged

1930

1934



1952



Beware 'flourishing' the fingers when eating

1915

WHEN YOU DO THE CARVING.

To cut cod and similar fish, cut the fish away from the bone in one piece, leaving the bone clear. Care should be taken not to break the flakes more than necessary.

Note that plaice and all flat fish is cut differently from cod. Cut it to the bone, then slip your knife between the fish and the bone, and remove the slice.

Round of beef can always be much more easily carved if it is first boned, shaped, and tied in position. Cut in thin slices straight across. Topside is cut in the same way.

Leg of mutton should be carved in the way shown above; cut through instead of in slices. The shoes should not be cut as thin as beef, as a general rule.

With Fred away at the front, this is rather timely. She looks about as sad as I feel...

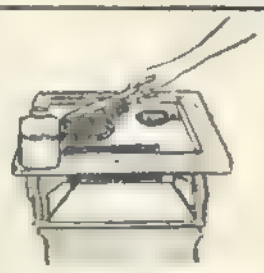
HANDY HINTS for better results

One has to have a place for useful information, and there's so much of it — from cook's wisdom to cleaning suggestions

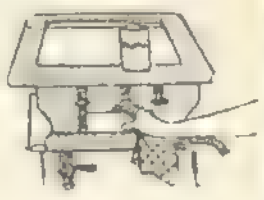
1915

WHEN YOU CLEAN YOUR GAS-STOVE.

LIFT OFF THE BARS FROM THE TOP OF YOUR STOVE. THEN WASH THE PART UNDER THE BURNERS, USING HOT SODA-WATER. YOU SHOULD WASH THE BARS ALSO, AND THEN POLISH THEM WITH BLACKLEAD.



CLEAN THE BURNERS WITH AN OLD BRUSH DIPPED IN PARAFFIN. IF THEY ARE GREASY, USE AN OLD HATPIN FOR CLEARING ANY OF THE HOLES THAT HAVE BECOME CLOGGED UP.



POLISH THE BRASS FITTINGS. SCRAPE THE OVEN SHELVES AND WASH THEM, AND SCOUR THE INSIDE OF THE OVEN. THEN REPLACE ALL THE FITTINGS. YOUR STOVE WILL WORK BEAUTIFULLY.

1915

HOME IDEAS.

MAKING MUSTARD.

MIX your mustard with vinegar instead of water, as is usually the case. It will taste better and will keep fresh much longer.

GREASY SINKS.

WHEN your sink is very greasy, pour a little paraffin oil on a rag and well scour with it. Afterwards wash the sink thoroughly with hot water and soap, rinsing well with cold water.

I always treat my sink in this way as soon as it gets at all greasy, and find it better than any other plan I have tried.

Tedious to do, but so rewarding when all sparkling

1916

THE SECRET OF ROASTING CHESTNUTS.

"HOW tempting those chestnuts smell!" said my friend, as we passed the chestnut barrow. "It's funny, but one can never cook them to taste anything like these at home."

"Don't you think so?" I asked. "Well, come round this evening, and I will give you some which will cause you to alter your mind."

She said she would do so, and that night when she arrived I had a pile of chestnuts, hot and crisp, and as well cooked as ever the man at the kerb turned out.

"How ever did you do them?" she asked, as she nibbled. "They are just splendid!"

"It's quite easy," said I, with a smile, "when you know how.

TO MAKE THE HOLES.

"YOU must get the lid of an old biscuit-tin," I went on. "The larger the better. Then punch holes in it. Let the holes be about half an inch apart. Cover the whole of the lid with these holes.

"This is easily done with a strong large skewer and a hammer.

The lid of a biscuit box with holes punched in it, will serve admirably.

THIS IS IMPORTANT.

"WITH a sharp knife slit a cross on one side of each chestnut, taking care that the cut does not go deeper than the skin. Place the tin on a nice red coke fire, and put your chestnuts on the tin.

"Watch them carefully, and when one side is done turn them over, and let the other side cook.

"One thing you must be careful of, and that is not to use a tin which has been soldered, as the heat of the fire will quickly melt solder."

"Well, I shall certainly try it," she said, "for they always get burnt when placed on the bars, and they take such a long time to cook upon a shovel."

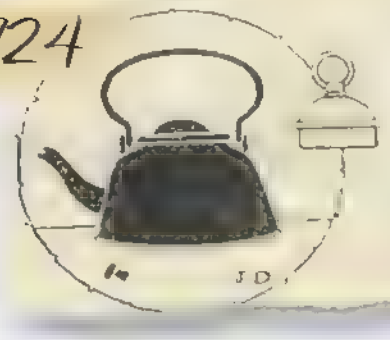
* Try this — will be so nice to serve fresh and hot

* Gelatine hints are good

First rate! As good as new

THE KETTLE WANTS A NEW KNOB

1924



CHEAP tin kettles often lose knobs, and even when the knobs are there they are generally too hot to hold. A new knob with an inbuilt fir ring for holding may be bought for 2d. It is fitted with a screw and nut, and is easily fixed on the lid.

If the outside of the kettle is unsightly through rust, it may be coated with Brunswick black. It will then look quite smart, and will not need constant polishing.

1926

The Useful Double Saucepan

Splendid for many things

A FAIR-SIZED double saucepan is one of the most useful things in a kitchen. Besides being used for milk puddings and porridge, it is simply splendid for stews, as it makes the meat so tender.

A good housewife knows that stews must only simmer, but she also knows how easily they boil the moment her back is turned.

If, however, she cooks an ordinary stew in a double pan, it will take no longer and will need no looking after. The stew will never reach boiling point, but will stay at 190 deg., which is the best heat for simmering.

COOKING THE VEGETABLES

ROOT vegetables can be beautifully cooked in a double saucepan, and all their nourishment will be preserved instead of being wasted in the cooking water.

The vegetables that cook nicely in this way are potatoes, sliced carrots and turnips put through a mincer, cauliflower cut in quarters, peas and broad beans, small onions left whole and hard-boiled eggs. Jerusalem artichokes, mushrooms, tomatoes, and marrow cut in quarters.

are cut up and put into the inner pan with one gill of hot liquid and a small pat of butter.

The liquid used may be water, meat extract, gravy, or milk. Milk is especially good with mushrooms and artichokes. If the water in the outer pan is boiling, the vegetables will be done in fifty minutes.

They can be served as they are, but most people prefer them creamed. This is done by thickening the liquid with a dessertspoonful of flour.

A tasty way to cook veg — especially how to cream them. Not cream in fact, just flour

JULY 3, 1926

1926

HINTS TO REMEMBER

THERE are just one or two little details to remember in order to use it successfully.

The first is, if dissolved in milk, the latter will curdle, so the gelatine should be first dissolved in a little water and then mixed with the milk.

It is important when dissolving gelatine not to let it boil, if so, it does not dissolve readily. Remember also to keep it well stirred.

After it is dissolved, it should be added (to whatever mixture it is required to set) at a *moderate* temperature, but whatever you do be careful not to add it *too* cool, or it will "rope," which means that it sets in tiny lumps again before it mixes. The result is that the mould does not set. If this does happen, the only remedy is to heat the whole of the mixture until the gelatine melts again.

When adding gelatine, always strain it in and stir at the same time. This can be quite easily managed if the strainer and saucepan containing the gelatine are both held in the left hand.

Gelatine is usually the *last* ingredient to be added.

We are sorry that the recipes on these pages are reproduced for interest only and we cannot guarantee the results of using them

Teatime idea for Lucy

1934

DO YOU LIKE MARMALADE?

DO you like things which are not sweet? Here's something to try at your next tea party, then.

Provide small squares of toast (the crusts removed) spread with marmalade.

The slightly bitter taste will be liked immensely—or not at all.

Tiny sandwiches with orange marmalade spread over the butter are also popular at the moment.

1946

HOW TO CLEAN IT!

How quickly a nice teapot becomes brown and stained inside, thinks the Young Housewife. And she would like to know how to remove the brown, and at the same time be sure not to spoil the flavour of the next brew of tea.

Ordinary household soda—just a few knobs—is what is needed. Put it in the teapot, fill up with boiling water and leave overnight. Rinse out well the next morning.

Flower vases are often neglected and grow stained. They, too, are greatly improved by this soda-and-water treatment.

1943

Cécile's Cookery Notes

Home-Making Is So Many Sided These Days That It Helps To Know How Others Manage

COOKING FAT FOR PASTRY

I am not very experienced in cooking and I would like to know if it is satisfactory to use cooking fat for making cakes?—Mrs. R. (Durham).

A MIXTURE of cooking fat and margarine may be used in equal proportions for cakes and pastry, when sufficient margarine is available. If you cannot manage quite so much margarine as this, use less margarine and more cooking fat. If you cannot spare any margarine at all—cooking fat only can be used.

A very good cake is made by using one part dripping, one part cooking fat, and one part margarine.

Alternative proportions for fat in pastry

1953

OUR READERS' QUERIES

Cécile Is Delighted To Offer Her Advice On Domestic Problems

Would you please tell me the correct way to cook a ham? I allowed a quarter of an hour to the pound for an eighteen pound ham, but it seemed overcooked.—Pam

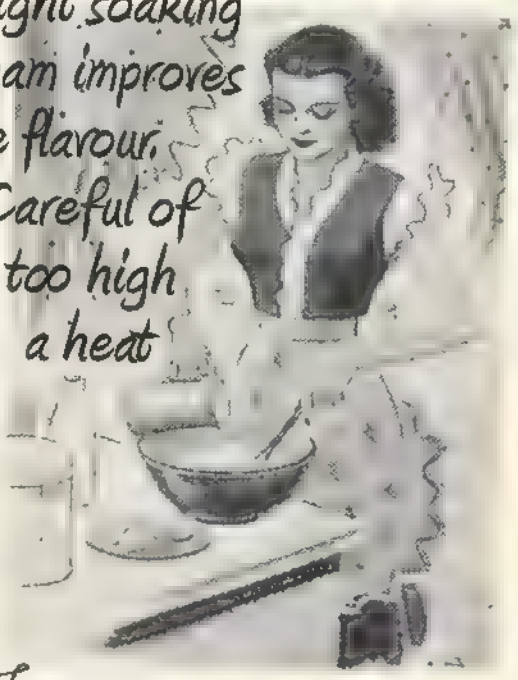
THE correct time for cooking your ham is to allow twenty-five minutes for each pound, and twenty-five minutes added, but the ham should be only *simmering* during this time.

I think the reason your ham seemed over-cooked may have been that you cooked it with the gas too high.

You may like to know, too, that it is much better to soak a ham overnight in cold water, to remove some of the excess salt. And before cooking it rub the ham with brown sugar. This will greatly improve the flavour.

This method is the best way of boiling bacon, too.

Overnight soaking for a ham improves the flavour. Careful of too high a heat



KEEPING ICING SOFT

I am very keen on icing cakes, but I find that Royal Icing becomes very hard. I have been told that glycerine will keep it soft, but I am afraid to spoil the icing sugar. Can you advise me about this?—Joyce.

ROYAL Icing is used mainly for wedding cakes because its hardness has to support several tiers very often. If you use a little water instead of all egg white when making it, it will not be quite so hard. If you have to put some of the icing aside for a while, put a very damp cloth pressed down on it and keep it in a cool place. And remember that it should be beaten up again before use. If you wish to use glycerine with Royal Icing—use two small teaspoonfuls to a pound of icing sugar, and two or three egg whites.

For ordinary cakes, Glacé or Water Icing is better.

This is a soft icing suitable for most small cakes and sponge sandwiches. (To ice the top of a cake or sandwich about six inches in diameter, use four ounces of icing sugar.) Sift the icing sugar, then mix in a little tepid water, drop by drop, till the mixture is a thick coating consistency, then spread it over the cake.

This icing can be made in any flavour by using fruit juice instead of water, orange, lemon, or pineapple. Coffee icing can be made by using strong black coffee.

We are sorry that the recipes on these pages are reproduced for interest only and we cannot guarantee the results of using them

IT TASTES FUNNY!

And to finish, some witty magazine morsels — Woman's Weekly seems to be rather good at these

1916

FUNNY FELLOWS MADE FROM FRUIT.

A Novel Idea for the Children's Party.

"OH, mother, I wish we could do something *special!*"

The Twins looked rather sad. It was their birthday on the following Saturday, and they were having half a dozen of their school-friends to a simple tea-party. A *very* simple tea-party, for money was far too scarce to allow for anything at all elaborate. Nevertheless, Mrs. Dalston put on her thinking cap when she heard the children wish for "something special," and she determined to spare the money to buy a few oranges and nuts for their party. Then she put on her thinking cap again, and this time she smiled at the result of her thoughts.

And on Saturday the Twins and their little friends had a delightful surprise. Instead of serving her oranges and nuts "plain and unadorned," Mrs. Dalston had converted them into the funniest and most fascinating things.

QUAINT LITTLE MEN.

THE oranges were turned into the funniest set of fellows you ever saw. There was a big-eyed baby and a crying baby, a "goo-goo eyed" flapper and Mr. Moon, a dunce and a Jack Tar, and several other characters.

Of course there were only the *heads* of them all, and the faces were made simply by snipping out bits of the peel for the eyes, nose, and mouth. It does not require much practice in order to take out the bits of the peel to the right size and shape in order to get the particular expression that is wanted.

A little lamp-black paint may be used for eyebrows and other "touching up," while hats can be fashioned from bits of paper and lightly stuck on to the orange heads. Children simply love to receive oranges which have been got up in this manner, and can hardly bring themselves to eat them!

FAIRY SHIPS.

THE children who had to choose between a lily and a "funny face" orange at Mrs. Dalston's found it very hard to decide which they would have! But one and all of them loved the little ships which sailed in two glass dishes of water at either end of the table. The tinies thought they were fairy ships.

They would not believe they were made from nut-shells. Such was the case, however.

MAKING THE SHIPS.

A FAIR-SIZED walnut shell makes a splendid little boat. Open the nut carefully, so as not to break the shell, and when removing the kernel leave as much as possible of the brown skin division down the centre of each shell. Make a mast of a bit of very fine twig, forked at the bottom to fit on to the skin division in the shell. A cut match will do admirably for this purpose. Make the sails of tinfoil or coloured tissue paper, fastened on with fine sewing silks or cotton. Each ship may have as much or as little rigging as preferred.

Without seeing it, no one can imagine how charming a fleet of these miniature vessels looks sailing on water in a crystal dish, and no one who was not there can guess how much the Twins and their friends enjoyed their party.

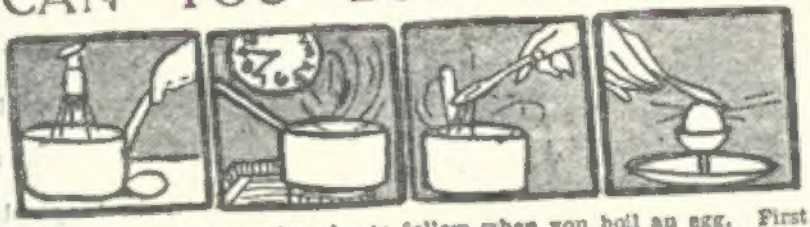
Mrs. Dalston felt more than repaid for her trouble in preparing "something special"—it cost no extra cash!—when they all begged for the same sort of party next year!

"It was simply another triumph for the finger-print system" party.

Such hilarity when the little orange faces appeared

1915

CAN YOU BOIL AN EGG?



1. Here are four simple rules to follow when you boil an egg. First of all put the egg into cold water.
2. Time the egg by the clock. If you want it softly boiled, let the water boil and allow it to continue boiling for three minutes. If it is very fresh it will take four minutes.
3. If the egg has a very thin shell, add a teaspoonful of vinegar to the water, and it will prevent it from cracking.
4. As soon as the egg is taken from the water, crack it with a spoon, as otherwise it will go on cooking.

**In case I ever forget how...*

1919

Sandwiches.

Sing a song of sandwiches, cut them nice and thin;
Spread the butter thickly, tuck the meat well in.
Take them to the picnic and mind you eat them early,
For when they're fresh, they're nice and flat,
But when they're stale, they're curly.

Taught all Alexander's little friends the re-worded nursery rhyme at his 4th birthday. Everyone was in fits

SNIPPETS

1924

CAKES ON A TRAY

IT is a dreadful thing, this business of shop-lifting other people's notions. And yet if one is for ever on the look-out for new ways, means, and methods one feels bound to jot 'em down.

And what I really set out to say—before I got tangled up in this lengthy apology—was: Have you observed the new fashion at tennis parties and At-Homes for serving cakes all together on a teatray?

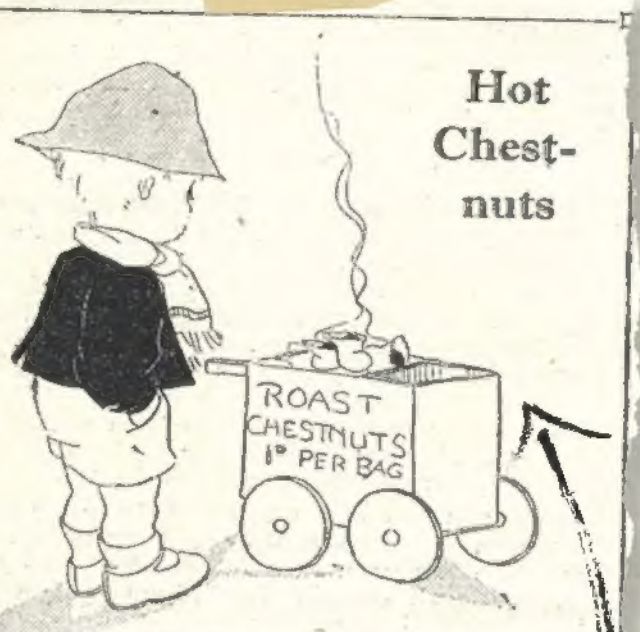
So much nicer than having each one on a different dish for handing round. (When it *never* happened that the cake you coveted came your way.) Now you have 'em all to choose from.

That the tray is first covered with a napkin or cloth is, of course, understood.

Sandwiches, too, are served this way.

Nice idea for summer tea: all the sandwiches and cakes set out in smart rows on d'oyleys and served on big trays. Good for a crowd

1931



OH, winter days are often cold
Though steps would never lag,
If I could just afford to buy
Hot chestnuts in a bag!

IRENE HEATH.

1937

Left-Overs

LEFT-OVERS make a splendid meal,
When mixed with thought and care,
Some cooks can turn left-overs,
Into dishes rich and rare.

And so can we take little scraps
Of love, and hope, and fun,
And blend them in a happy dish
To share with everyone.

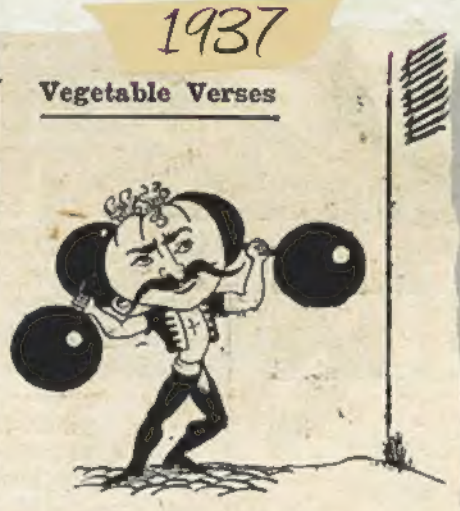
JEAN MORTON.

Teach this to James, He's such a Little Bill

Sweet thought — and how true

1937

Vegetable Verses



GARLIC

THE Garlic is the Samson
Of vegetable land;
Before his potent ways it takes
A valiant heart to stand.
A stranger here, in England,
He prefers those foreign parts
Where his strength is sure of winning
Gay signorinas' hearts.

And so he's found hobnobbing
In bunches, with his kind,
Singing songs of ravioli,
And such dishes as remind
Him of his former triumphs
In those climes where all agree
Without the mighty Garlic
No repast complete can be.

ESMÉ WYNNE-TYSON.

1939

Grocery Gossip

Tea

I REALLY doubt if anyone
More popular could be
Than that sought-after charmer
Who's known to us as Tea.

She banishes our smaller cares
As though with magic wand.
From India she comes "brunette,"
From China she comes "blonde."

We like to start the day with her,
She has such warming ways;
And oh, what an important part
In life our Tea-time plays!

ESME WYNNE-TYSON

Grocery Gossip

Ham and Egg

HERE sits the plump and lordly Ham—
Some worthy porker's leg—
With golden crumbs adorning him,
And by his side an Egg.

A pale and humble thing she seems,
And yet he loves her true,
So that when e'er we think of him
An Egg we think of too.

ESME WYNNE-TYSON.

Entertaining ditties to learn as party pieces. They'll make guests laugh

STAMP

VINTAGE Woman's Weekly

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✂ Cut out and send to a friend! ✂

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Meringue Peaches
Simnel Cake
Bath Buns
Stuffed Dates
Soda Cake
Vanilla Creams
Iced Genoese Sandwiches
How to Make Salted Almonds

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See Inside
Marguerite D. Peacock's Special Feature
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